

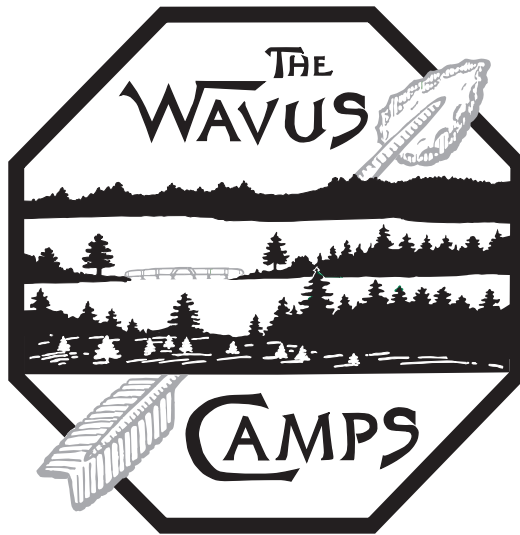
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# The Maus Annual

2014

# The Wavus Annual 2014

Published by and for the  
Staff and Campers of Wavus



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## Wavus Annual Dedication – 2014



**Sara Taylor**

When Sara Taylor arrived on the shores of Damariscotta Lake in the summer of 2007, with her infectious smile and adventurous spirit, it was inevitable to all who greeted her that she would soon become an integral presence at Wavus Camp for Girls. Dividing her life between summers in New Zealand as a professional spelunker and summers at Wavus, Sara often remarked that she had the best of both worlds. But deep down inside, those of us lucky enough to work with Sara always knew we were the fortunate ones.

Sara began her tenure at Wavus as an HBC, and her maturity and capabilities quickly set her above the fray. A self-starter, confident, and capable, her leadership was welcomed and encouraged such that she was promoted to Assistant Tripping Director in 2008 and Tripping Director in 2009. Because of her love of children and the wilderness, her strong environmental ethic and clear vision for leading girls Sara often functioned as our conscience and our compass. In her role and responsibilities as Tripping Director, she encouraged us to be reflective, transparent, and team players. She was skilled at developing partnerships, insisted that our work reflect best practices, and impressed upon all of us the importance of serving others before ourselves.

In June of 2014, Sara and her partner Iian gave birth to their beautiful son, Jackson. We celebrated their great joy even as we realized this new chapter in their lives meant a new one for Wavus as well. A consummate teacher, Sara's mentoring of others ensured strong leadership could, and would, readily take her place in the tripping department at Wavus. Still, amidst the gratitude we share for all that she gave of herself to ensure the success of Wavus, we deeply miss our friend Sara. In ways big and small, Sara taught us all the good that was possible when a community - actually and consistently - lived out its commitment to kindness and respect.



## THE RAYS OF THE TOTEM

We open the Council Fire with these words as a whole camp

“These are the rays of the totem that burn and gleam bright on our pathway. These are the symbols we cherish, and through the far years will remember.”

High aspiration is pictured by the **arrowhead**, pointing straight upward. Higher and higher we're climbing, each knowing deep joy in fulfillment

Bravery the **Indian** speaks of courage to do what needs doing. When the right needs defending, be brave, have the courage and grit to defend it.

Industry we have endeavored to signify by the brown **beaver**. What good are ideals and ideas without the stern purpose of working?

Patience the **heron** must practice while waiting for fish for his dinner. Full many a task is accomplished if self control rules our emotions.

Love, said the Master, is the greatest, and we too would follow the Master. We too would **love** friend and foe and help all with deep understanding

Knowledge is power to master the problems and choices of living. Not only the knowledge of **books**, but the lessons experience teaches.

The **spider** calls us to be steadfast. He'll weave his web over and over. We too must be willing to try, and try again, times without number.

Forget-me-not **flower** speaks to remind us to be loyal in thought, word, and action. To the highest and best that is in us, to the ideals carved on the totem.

Truth by the **grail** is depicted; to be trusted is value unmeasured. So bear thyself daily that none need ever doubt aught that thou doest.

The glow of the **fire** casts its radiance of cheer into dreary places. So a smile or a laugh lightens a heart that perhaps without you would be heavy.

Often the problems that face us are more than one person can handle. But when two or more work together, a defeat is transformed into triumph. (**rowboat**)

Humility bids that we all look to the Master of all for our guidance. He, like the **wheel** of a ship, will charter the course we must follow.

The **turtle** reminds us of the responsibility we all have as stewards of the environment. We cherish and care for our natural surroundings.

The rays of the totem have served as symbols to aspire to and live by at Wavus. They are represented on our totem in the Council Fire Circle. Counselors are asked to select a ray for each girl in their cabin. The ray is chosen based on what ray the camper demonstrated, or a ray to which the counselor would like to see her aspire (knowing that she can). These rays are presented either on the last evening or on the last day of the session.

**This has been a long standing tradition with the first Girls Camp  
(Wawanock) at Wavus that we continue to honor in  
*Keeping The Spirit Alive!***



## **The History of Wavus**

Begun in the summer of 1922 with just four girls and a staff of six, the Wavus Camps flourished and, at its peak in the 1960s, was a two hundred camper brother/sister camp, called Damariscotta Camp (for boys) and Camp Wawanock (for girls). Founded and run by “Chief” and Emma Andrews for 30 years, Wavus thrived under the leadership of Harold and Shirley Westerman for another 24 years. Generations of boys and girls learned self-reliance and sportsmanship, as well as the many skills required for wilderness camping.

Unfortunately, the Wavus Camps closed after the 1976 season due to several reasons, including the Westermans’ wish to retire and the overall slowdown of the camping industry during the 1970s. The property was sold to a private owner and left dormant for sixteen years. Our own Scotty Henry was the Wavus groundskeeper from 1988 - 1992. Scotty lived at Owls Nest from September 15, 1989 - January 14th 1990 ... Last lake bath was January 12th!

When the property was offered for sale in 1992, former campers and a team of local environmentalists banded together to preserve the land intact. This group became The Wavus Foundation and staged a successful one million dollar campaign to purchase the ninety-five acres with the goal of reestablishing summer camping, and ultimately a year-round learning center. The Wavus Spirit was rekindled in 1995 with the establishment of a day camp and two teen programs called the Pioneers and Theater in the Pines. Traditions were restored, camp songs passed along and once again the sounds of boys and girls at play were heard in the pines.

In 2004, facing the hard realities of a start-up business, a task force was created by the Wavus Foundation Board to assess the future of the organization. This led to discussions with Camp Kieve and ultimately to the July 2005 merger of the two great camps. The two boards of directors joined to create Kieve-Wavus Education, Inc. The summer of 2006 brought new life to Wavus as it opened its next chapter as Wavus Camp for Girls.

One of the common graces said at meals at Kieve-Wavus asks God to “make us ever mindful of the needs and feelings of others”, and the program, both in camp and on the trips, is designed to achieve that goal.

The underlying philosophy has always been that a minimum of rules, balanced by a large number of understanding counselors and a program of emphasizing free choice while de-emphasizing keen competition between individuals gives us the best chance for success. Our fundamental rule is that everyone has the right to be treated with kindness and respect.

### **THE WAVUS PRAYER (Before each meal)**

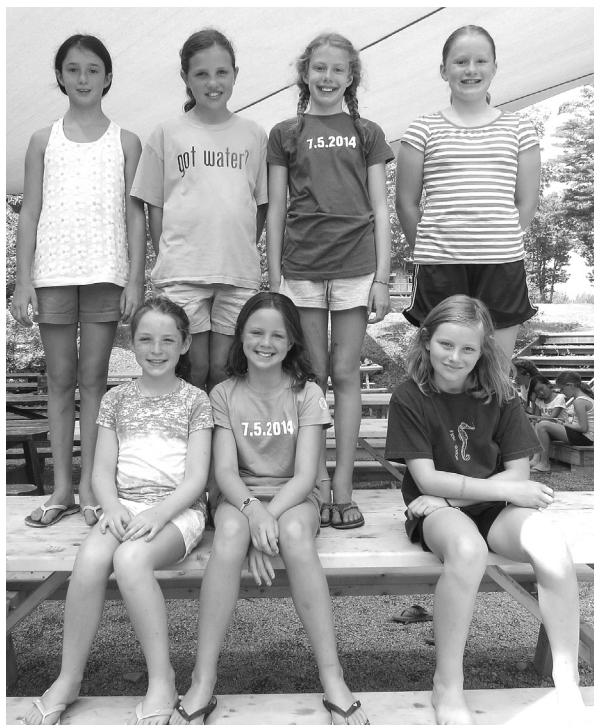
Bless this food before us  
And my friends gathered round  
I am grateful for the roof above my head  
And the floor beneath my feet  
Rub-a-dub-dub  
Thanks for the grub  
Let’s eat!

## Wavus Song

We spend our days at Wavus  
In friendship and in peace  
We strive to reach new places  
We're free to learn and grow

We the girls of Wavus  
Are committed to  
Courage and Kindness  
To all old friends and new

We the women of Wavus  
Are committed to  
Respect, responsibility  
In all that we do.



### **JUNIOR WAVUS RESPECT – FIRST SESSION**

Front: Maeve Devine,  
Mary Claire Morgan and  
Victoria Abbott.

Back: Lily Webber,  
Josephine Wellons, Andie  
Morelli and Zoe Eason

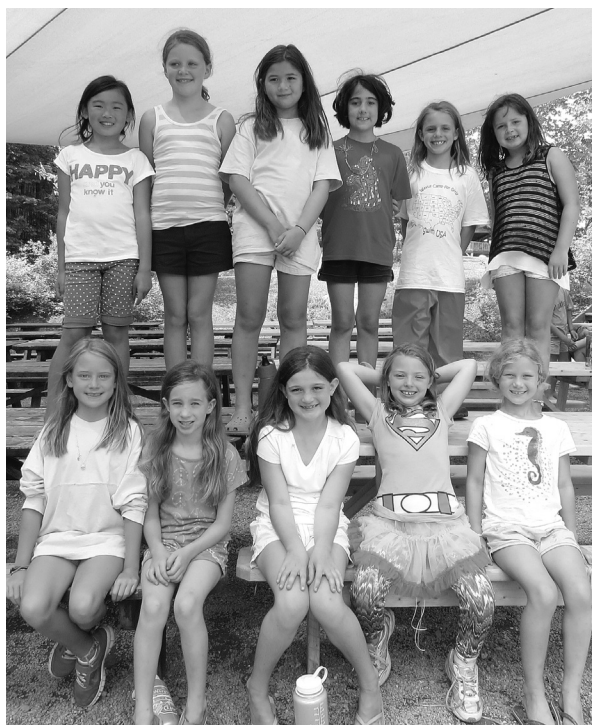
Not pictured: Leah  
Dawson (HBC), Jane  
Duncan (JC), Ella  
Ashwood (JC) and Taylor  
Schilichting (JC)

### **JUNIOR WAVUS RESPONSIBILITY – FIRST SESSION**

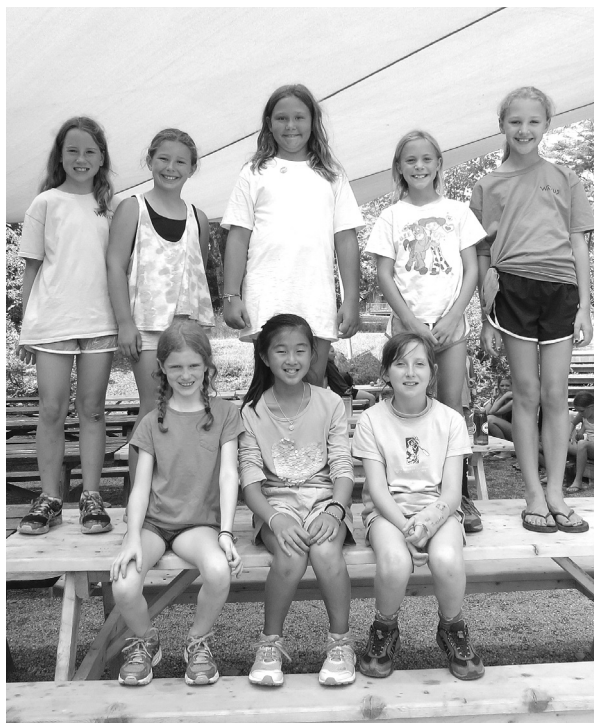
Front: Sarah Dow McVean,  
Eva Rossmassler, Maya  
Cannon, Mercedes Wight  
and Caroline Valdes

Back: Hannah Hudson,  
Lily Stevens, Tate  
McMurray, Mimi  
Mutchnick, Addie Zucker  
and Claire Lang

Not pictured: Ruth Solow  
(HBC), Suzy Mozzi, Lilly  
Schrecengost (JC) and  
Alanna Atkinson (JC)







### **JUNIOR WAVUS COURAGE – FIRST SESSION**

Front: Ali Dotson, Maddi Chai and Lily Wike  
Back: Mackay Bommer, Bea Stone, Darcy del Real, Charlotte Bednar and Alex Knill  
Not pictured: Jessi Panico (HBC), Kat Curtin (JC), Meredith Petralia (JC) and Miranda Boe (JC)

### **ALGONQUIN – FIRST SESSION**

Bottom Row: Caroline Churchman, Sydney Clemmer, Caden Collins, Shannon Oleynik (JC), Katalin Mazansky and Emily Peters (JC)  
Middle Row: Hannah Schott (JC), Lydia Wright, Maevey Redmond, Evie Aldridge, Lucy Simon and Alex Glomb  
Back Row: Lauren Geddes (HBC), Alley Hutchins, Amanda Cashman, and Stella Firmench







### **MOHAWK – FIRST SESSION**

Bottom Row: Hannah Barnes (JC), Bronte Levin, Alexandra Touliatos and Beth Lebel (HBC)  
Middle Row: Charlie Woodhams (JC), Brooke Semler, Catherine Insley, Lexie Jacobs, Alex McVean and Maeve Donovan (JC)  
Back Row: Maya Marin, Logan Frith, Maeve Mullen, Jose Lacy, Isabel Clare and Annie Alderman

### **CHEYENNE – FIRST SESSION**

Bottom Row: Olivia Bagan, Sammie Stevens and Mary Yost (JC)  
Middle Row: Caroline Wilson (JC), Lindsay DeMuth (JC), Margot Maxwell, Ottavia Fries, Reilly French, Greer Anderson and Grace Lang  
Back Row: Sam Hall (HBC), Ali Frazier, Alice Smith, Paige Wortman, Kendal Parker and Clara Goltz





### **CAYUGA – FIRST SESSION**

Bottom Row: Scout  
Kranick, Chiara Kremer,  
Mabel McNamara, Norah  
Adler and Melodie Pillet  
Anquetin  
Middle Row: India Kline  
(JC), Eve Elkins, Caroline  
Sapir, Nicole Saridakis,  
Eloise Hartford, Ana  
Schavoir (HBC) and Kyra  
Brown (JC)  
Back Row: Ry Ry  
Hennessy, Delia Duggan  
and Abby Slimmon

### **CHEROKEE – FIRST SESSION**

Bottom Row: Emma Rohrer,  
Maeve Studdiford,  
and Avery Gardner  
Middle Row: Molly  
Billings (JC), Alice Lazare  
(HBC), Tatum McNally,  
Gabby Cannata, Grace  
Maxwell and Kat Belle  
(JC)  
Back Row: Chase  
Melchionni, Eliza  
Pilkington, Lulu Linkas,  
Morgan Warner, Ava  
Bussan, and Layla Lukaj







## **NARRAGANSETT – FIRST SESSION**

Bottom Row: Juliette Michaels, Lucy Wilmerding and Margaret Maruszewski  
 Middle Row: Andrea Silvestri (JC), Katie Lehmann (HBC), Ellie LaCasse, Lauren Walsh, Charlotte Mayer, Emma Benardete and Ava Moseley  
 Back Row: Sarah Kaplan (JC), Schuyler Hyde, Eliza Winsor, Hollis Steinberg and Aerin Foley

## **OMAHA – FIRST SESSION**

Front Row: Elsa Stuart  
 Bottom Row: Mary Strang (HBC), Lauren Stone (JC) and Alexandra O'Bryan (JC)  
 Middle Row: Penelope Apel, Portia DeSimone, Leah Antonatos, Elle Christine, Lucy Caffrey, Jesse de la Bastide, Sophia Rodgers and Julia Cross  
 Back Row: Liv Falk, Julia Binder, Zana Lukaj and Nathalie Horbowy





### **OJIBWAY – FIRST SESSION**

Bottom Row: McKenna Goldstein, Lulu Larkin, Sammy Speegle, Carly Tilson, Alex Bussan and Lily Dlin

Middle Row: Zoe Atchinson (HBC), Caitlin Kelly (JC), Grace Devine, Sydney MacKeigan, Logan Truluck and Addie Morgan (JC)

Back Row: Melanie Lim, Olivia Grubb, Emily Wagg and Reagan Snyder

### **OSAGE – FIRST SESSION**

Bottom Row: Emily Neunaber, Charlotte Dotson, Ella Brown and Lindy Perry (JC)

Middle Row: Greta Finney (JC), Charlotte Epker, Dana Matthias, Greta Horgan, Elenor Barzun, and Bee Crudgington (HBC)

Back Row: Lucille Pietri, Ellis Dougherty, Jessica Woodhams, Cloey McNichol, Mead Coughlin and Sarah Smith







## **PENOBSCOT I – FIRST SESSION**

Bottom Row: Isabelle Kitchel, Elise Johnston and Emily Rodrigue (JC)  
Middle Row: Julia Welter (HBC), Mairead Studdiford, Lisa Yamada, Margo Williams and Ali Peterson  
Back Row: Maeve Slack-Watkins, Jessie Hill, MacKenzie O’Gara, Lizzie McVean, Brooke McLanahan and Ellie Sandt

## **PENOBSCOT II – FIRST SESSION**

Bottom Row: Emily Potts (JC), Hannah Braden, Emory Gatchell and Becks Slack (HBC)

Middle Row: Rayna McElhiney, Nathalie Hansen, Maggie Linehan, Effie Blue, Ellie Hopkins, and Maggie Frederick

Back Row: Chloe Berlin, Amelia Schelle, Eliza Lord and Lilly Gaul





### **PENOBSCOT III – FIRST SESSION**

Bottom Row: Devon Parker, Jobie Hereford, Elizabeth Robins-Cole, Charlotte Meyercord and Hadley Cashman

Middle Row: Poppy Doolan (HBC), Emma Howard (JC), Lindsey Harrison, Caroline Insley, Isa Hogshire and Camilla Gowen

Back Row: Lily Goltz, Anna Sandt and Maisie Elkins

### **ALLAGASH I – FIRST SESSION**

Bottom Row: Lillie Tuthill (JC), Marge Tucker (HBC), Sophie MacKeigan, and Crinny Woloson

Middle Row: Lindsey Reilly, Kelly Slimmon, Grace Lyons, Kathryn Antonatos, and Lizzy McGrady

Back Row: Eliza Pohle, Georgia Dettmann, Lane Kizziah







### **ALLAGASH II – FIRST SESSION**

Bottom Row: Mandy Mathias (HBC), McClaran Shirley, Buckley Norman, Margaux Suinat, Caroline Olesky, Sarah Speegle and Courtney Bliss (JC)  
Back Row: Mairead Kilgallon, Caroline Carpenter, Anoushka Kiyawat, Aleka Kroitsh and Emma Sahu

### **ALLAGASH III – FIRST SESSION**

Bottom Row: Zoe Nahatis (HBC), Cullen LaPointe (JC) and Taylor Boucher (JC)

Middle Row: Blake Cote, Kate Schlager, Hannah Riegel and Ellie Del Guercio

Back Row: Bennett Dolan, Ella Engel, Lila Knott, Laura Friel and Merrill Truluck





### **ALLAGASH IV – FIRST SESSION**

Bottom Row: Grace Muller (JC), Cricket Dotson, Dani Kerz, Jordana Roet, Clairra Sanborn, Krista Cote (HBC) and Casey Ross (JC)

Back Row: Grace Heffernan, Katie Caffrey, Lily Epstein, Nettie Cunningham and Katharine Dougherty

### **LONG VOYAGE I – FIRST SESSION**

Bottom Row: Katie Paige (HBC), Caroline Jessup, Katherine von Weise and Isabel Canning

Middle Row: Molly Cleveland (JC), Katherine Jessup, Sabrina Soros and Alina O'Brien

Back Row: Sabrina Eisen, Cam Grimes, Sydney Gaul and Anna Morse







### **LONG VOYAGE II – FIRST SESSION**

Bottom Row: Greta Brown (JC), Hannah Flagg (HBC) and Grayson Temple (JC)  
Back Row: Austin Gatchell, Margaux Forcione, Sophia Linkas and Isabel Adler  
Not pictured: Hannah Frater

### **MAINE TRAILS – FIRST SESSION**

Bottom Row: Leah Wolf (JC) and Emma Murphy (HBC)  
Middle Row: Honor Paine, Abby Tanen, Livia Fries and Emma Cusano  
Back Row: Claudia Washburne, Shelby Hetherington, Annie Miller and Charlotte Phillips





### **JUNIOR WAVUS RESPECT – SECOND SESSION**

Left to Right: Nina Rozeff, Kali McDonnell, Piper Loveless, Ruby Poland, Caroline Niccolini, Grace Rubinstein, Charlotte Duffy, Julia Geniesse, Daphne Szakats, Samantha Gulden, Paxton Beladino and Piper Wood Prince. Not pictured: Zoe Atchinson (HBC), Leah Wolfe (JC), Miranda Boe (JC)



### **JUNIOR WAVUS RESPONSIBILITY– SECOND SESSION**

Back Row: Sadie Headley, Avery Del Col, Augusta Gulden, Reese Bedford, Kenzie Larkin, Kelly Stepnowski, and Cleo Podrasky. Front Row: Amy Lewis, Charlotte Kiser, Isabelle Burnette, Fiona Lloyd and Victoria Quinn. Not pictured: Krista Cote (HBC), Greta Finney (JC), Ella Ashworth (JC)





### **JUNIOR WAVUS COURAGE – SECOND SESSION**

Left to Right: Adelaide Dixon, Sophie Moseley, Lyla Guthrie, Olivia Ames, Kass Dighton, Sophia Galarza, Jane Tortorella, Lizzie Valdmanis and Clio Turner (Missing from photo: Leigh Wilkin). Not pictured: Poppy Doolan (HBC), Laura Lee (HBC)



### **JUNIOR WAVUS KINDNESS – SECOND SESSION**

Back Row: Charlotte Pulkkinen, Allison Eichler, Ella McNeely, Ella Moore, Lilja Kjaernested, Elizabeth Cutting, Quinn Thierfelder and Keegan Smith. Front Row: Ashleigh Stepnowski, Addie Brinkler, Cate Hicks and Blakesley Bonanno. Not pictured: Mary Strang (HBC), Katie Danz (JC), Meg Boynton (JC)



### **MOHAWK – SECOND SESSION**

Bottom Row: Grace Casale, Meg Levy, Meredith Petralia (JC), Molly Sullivan and Avalon Neleman. Middle Row: Hannah Flagg (HBC), Frances Elwood, Sara Dayya, Samantha Bennett, Avery Packard, Emily Aarts and Lily Schrecengost (JC). Back Row: Ceci Vlack, Sam Stevenson and Charlotte Boss.



### **CAYUGA – SECOND SESSION**

Bottom Row: Jo Jo Henry, Bridget Wilson, Honor Paton and Andrea Garza. 2nd Row: Lillie Tuthill (JC) and Ruth Solow (HBC). 3rd Row: Taylor Schlichting (JC), Jade Stanford, Paige Zamsky, and Grace Yanes. Back Row: Vivian Gal, Sophia Rogers, Molly Gesner, Rachel Lewis and Winnie Glaser.





### **CHEROKEE – SECOND SESSION**

Bottom Row: Emma Howard (JC), Sage Roderick, Olivia Quinn, Maeve Sullivan, Shannon Oleynik (HBC). Middle Row: Maris Rice-Cameron, Alex Lesko, Tracy Rosenberg, Ainsley Steele and Anastasia Morgan-Shank. Back Row: Bilena Dabalen, Alanna Atkinson (JC), Julia Buzacott and Lulu Schinella.



### **NARRAGANSETT – SECOND SESSION**

Bottom Row: Annie Burton, Julia McNamara, Ally Rosenbaum, Madison Thompson, Abby Fonner, Bella Butler and Campbell Musselwhite. Middle Row: Claire Mensch, Caroline Hopkins, Kayla Friedman, Aveline Roderick and Emma Hoffman. Back Row: Suzi Mozzi (JC), Molly Cleveland (HBC), and Lauren Stone (JC).



### **OMAHA – SECOND SESSION**

Bottom Row: Kennedy Roller, Paulina Shea, Waverly Moller and Helen Langer. Middle Row: Caroline Wilson (JC), Bry Williams, Sarah Kelley, Nola Clancy, Lindsay Kinsella, Caroline de Saint-Seine, and Katrina Belle (JC). Back Row: Libby Mensch, Kate Weston, Zoe Thierfelder and Sophie Rockefeller. Not pictured: Aimee St. Germain (HBC).



### **OJIBWAY – SECOND SESSION**

Bottom Row: Kara Dominick, Oliva Padgett, Pientje Kruyt, Brooke Stanford and Frannie Smith. Back Row: Casey Ross (JC), Andrea Silvestri (JC), Eliza Clark, Juliana Cimral, Kiki Kavanagh, Izzy Nielsen and Lindsey DeMuth (HBC).





### **OSAGE – SECOND SESSION**

Bottom Row: Liv Teufel and Palmer Boothe. 2nd Row: Sydney Donlan, Anna Krush, Caroline Mallory, Anne Seaman and Oona Turner. 3rd Row: Lily Castraberti, Sara Lewis, Lucy Del Col, Carter McGlooin and Elena de la Fuente. Back Row: Greta Brown (JC), Jessi Panico (HBC) and Emily Rodrigue (JC). Not pictured: Addie Sears.



### **SHAWNEE – SECOND SESSION**

Bottom Row: Story Hentoff, Serena Sitz, Gracie Lawlor and Lily Dlin. 2nd Row: Sophie Barr, Clara Gal, Abby Burrows and Darby Loveless. 3rd Row: Paula Coraspe, Alli Henning, Madeleine Potter and Aspen Laurita-Spanglet. Back Row: Courts Bliss (JC), Beth Lebel (HBC) and Mary Yost (JC).



### **ABENAKI – SECOND SESSION**

Bottom Row: Kat Curtin (JC), Cullen LaPointe (JC) and Ana Schavoir (HBC).  
 Middle Row: Lila Hathaway, Annie Langhauser, Kendall Beladino, Lila Saligman,  
 Abby Truex, Sami Knof and Brooke Findlay. Back Row: Lila Page, Whitney Foote,  
 Bentley Anderson, Abba Wilson and Fallon Redding.



### **MIC MAC – SECOND SESSION**

Bottom Row: Hannah Schott (JC), Katie Lehmann (HBC) and Addie Morgan (JC). Middle Row: Page Proctor, Libby Beers, Ryan Stanford, Perry Maner. Back Row: Claire Donlan, Meriel Doyle, Emma Rossi, Tori Glaser, Annie Tucker, Lily Melas-Kyriazi, Lindsay Kaback, Piper Alban.





### **PENOBSCOT I – SECOND SESSION**

Bottom Row: Zoe Nahatis (HBC), Charlotte Joseph, Grace Begin, Gretchen Sant and Lindy Perry (JC). Middle Row: Maeve Donovan (JC), Eden Ricketts, Louisa Rose, Caroline Haywood, Claire Brady and Gigi Imperatore. Back Row: Julia Lyne, Hayley Willner and Betsy Hunt.



### **PENOBSCOT II – SECOND SESSION**

Bottom Row: Carter Norfleet, Riley Hicks, Daisy Elderkin and Ella Moxcey. Middle Row: Liz Pelligreen, Lilly Habel, Zoey Deutsch, Betsy Dietze, Ellie Villano, Anna Wood and Hannah Barnes (JC). Back Row: Gabby Davitch and Klara Weaver (HBC). Not pictured: Taylor Boucher (JC), Sloane Loveless.



### **ALLAGASH I – SECOND SESSION**

Bottom Row: Isabelle Vogelzang, Ji Visconti, Lucy Rickerich and Sophie Pruett. Middle Row: Louisa Kelly, Quinn Alban, Tiki Haub, Ellie Alban, and Caroline Hall. Back Row: Val Hirschberg (JC) and Lauren Geddes (HBC).



### **ALLAGASH II – SECOND SESSION**

Bottom Row: Sara Essig. Middle Row: Lila Brady, Lillian Kuhn, Alice Lazare (HBC) and Kyra Brown (JC). Back Row: Freya Geddes, Bailey Ytterdahl, Amelia Coffey, Eden Neleman and Laura Rockefeller.





### **LONG VOYAGE I – SECOND SESSION**

Bottom Row: Marielle Gasaway, Sophie Kruyt, Sophia Cronin, Alex Bosman, Ingrid Sant and Katie Zajkowski. Back Row: Emily Peters (JC) and Sam Hall (HBC).



### **LONG VOYAGE II – SECOND SESSION**

Bottom Row: Julia Welter (HBC), Nicky Fox, Maddy Gesner, Charlotte Del Col, Nat Unger, and Jane Duncan (JC). Back Row: Martha Bishop, Emily Talpey, Lily Tromanhauser, and Emily Brown.



### **MAINE TRAILS – SECOND SESSION**

Bottom Row: Gabby Chapman, Molly Tucker, Ellery Hicks, and Caroline Peters.  
 Back Row: Marge Tucker (HBC), Sarah Wilson, Helary Gladstone, Abby Heher  
 and Molly Billings (JC).



## **A Day at Wavus**

|                    |  |
|--------------------|--|
| 7:30 - 8:00 a.m.   | Reveille and clean up (add ½ hour on Sundays & rainy days) |
| 8:00 a.m.          | Flag Raising & Songs                                       |
| 8:10 a.m.          | Breakfast  |
| 8:40 - 9:10 a.m.   | Duties, Cabin straightening                                |
| 9:30 - 10:30 a.m.  | First Activity Period                                      |
| 10:35 - 11:35 a.m. | Second Activity Period                                     |
| 11:40 - 12:15 p.m. | General swim   |
| 12:15 - 12:30 p.m. | Free Time  |
| 12:30 p.m.         | Lunch/ Afternoon Activity Sign up                          |
| 1:15 - 2:15 p.m.   | Rest period  |
| 2:30 - 3:30 p.m.   | First Activity   |
| 3:33 - 4:35 p.m.   | Second Activity  |
| 4:40 - 5:15 p.m.   | General swim   |
| 5:15 - 6:00 p.m.   | Free Time  |
| 6:00 p.m.          | Dinner   |
| 7:30 - 8:30 p.m.   | Evening Activity   |
| 8:30 p.m.          | Flag/songs   |
| 9:00 - 9:30 p.m.   | Lights Out   |
| 9:30 - 10:00 p.m.  | Flash Light Reading  |

### **We Were Busy With...**

|                                |   |             |
|--------------------------------|---|-------------|
| ARCHERY                        | ENVIRONMENTAL   | POTTERY     |
| ARTS AND CRAFTS                | DISCOVERY   | TENNIS      |
| BOATING                        | FISHING – spin cast and fly                               | ROPES       |
| Sailing, canoeing,<br>kayaking | FIELD SPORTS  | RIFLERY     |
| BAKING/COOKING                 | Soccer, kickball,<br>badminton, volleyball,<br>basketball | SWIMMING    |
|                                |   | WOODWORKING |

### **And In The Evening With...**

Cooking, board games, knitting/crocheting, drama/improv, music, Wavus Log (newsletter), water volleyball, talent shows, specialty crafts, community service, star gazing with a telescope, evening fires with storytelling and s'mores!

# First Session

## Counselor On Duty Reports

### Day 1, June 24th – Julie Walters

First day of camp!

Let the 2014 season begin! Under warm, sunny skies the weather was magnificent for the first day of the 2014 Wavus season! It seemed as though the girls were just as excited as we were and started arriving just after breakfast, coming by car, bus and plane!

After the girls were settled into their cabins, they headed to Jewell to make name tags and get to know the other girls who had already arrived. After a yummy lunch, they continued to unpack and meet new and old cabin mates as they arrived.

Just before dinner the big bus arrived with TONS more campers and we all gathered around to welcome many new and familiar faces. During dinner, the girls sat with their cabin mates for the most part and enjoyed their first meal as a cabin.

For our first council fire, we all gathered in a 2x2 line by cabin and proceeded to walk to the council fire circle quietly. Nancy opened the gathering with words of welcome and comfort as we began our journey as a camp. The counselors each read a ray of the totem (which are things that the girls aspire to during the session).

After council fire the girls headed back to their cabins and got ready for their first night at camp. During this time each cabin made a cabin contract of things that they wanted to achieve and things that they did not want to happen while at camp. It was then time for lights out and sweet dreams.

### Day 2, June 25th – Missy Harney

Escape to Freedom. Today at Wavus was a rainy sort of day. In the morning the campers went to flag and had breakfast and then headed on their way to do their swim tests as well as take their individual cabin photo shots and face shots down at the waterfront. After we all took a group photo, for which the campers all dressed up in costumes.

After the group picture it was time for lunch. Immediately following lunch the campers watched skits performed by counselors about what activities were going to be happening that afternoon. Each girl could sign up for the activities she wanted to do that afternoon, then they all went back to their cabins for rest hour.

After rest hour the girls gathered on the field to play egulation which is a game of rock-paper-scissors and every time they won, they would increase to a new level and play a new girl in their level. The girls seemed to really enjoy this game and played well with each other.

After the gathering the girls went off to their first activity. There was over 15 different activities to choose from but the most popular ones were the ropes course as well as the high speed (HS) swing (for the HS swing the girls are strapped in a harness and then lifted into the air by ropes and cables and then, when they are ready, they pull a cord and are released from some of the ropes while still being connected to other ropes and they swing out over the water), woodshop, friendship bracelet



making and sleeping bag races.

After the afternoon activities the girls who wanted to swim went down to the waterfront. Dinner was at six and then it was time for evening activity.

The EA was originally escape to freedom which is a hide and seek kind of game but due the rain the girls gathered in their cabin groups and made signs and decorations for their cabins which all the groups seemed to really enjoy and take pride in.

After EA the girls went back to their cabins and settled in for the night. Overall the day went well despite the rain.

### **Day 3, June 26th – Krista Cote & Pat**

Kid's Choice Awards. Hey Kids! Pat here! What a day, huh? The weather was gloomy but everyone's bright sunny smiles lit up the whole camp! Make it a great day or not, the choice is yours!

We started the morning off with a birthday! Grace Heffernan turned 15! Hot dog! One year older, one year wiser! We had breakfast and started on our morning activities! It was a bit nippy in the water today, but a few brave souls jumped in!

For lunch we had my favorite, pizza! Food that you barely have to chew and at my age that's golden!

Anyway, enough jibberjabber, let's get to the good stuff. SLIME. Oh boy did we get slimed! At Kid's Choice Awards the kids had to answer a silly trivia question, and if they got it right, they could SLIME. THEIR. COUNSELOR!!!!

After everyone got all gooey and sticky, we finished up with a great quote of the day. Every 60 seconds you spend upset, you lose a whole minute that you could have been happy.

Stay true to yourselves kids! You... are... AWESOMEEEEEE! See ya next time, kids!! How do you make a cat thingy on this.. Ah these newfangled contraptions. =^..^= meow! Ha!

### **Day 4, June 27th – Lauren Geddes**

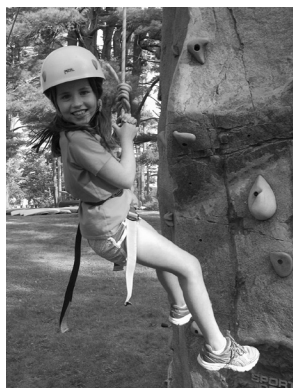
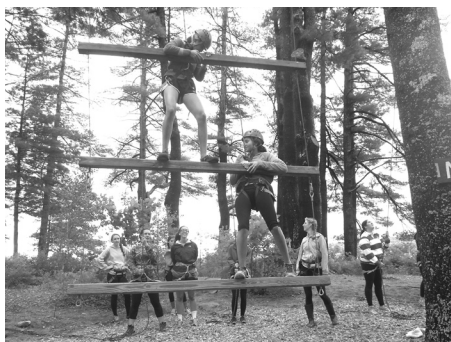
Harry Potter Day. This morning everyone awoke to the first sunny day of camp! We started the day with an inspirational quote from Albus Dumbledore himself, "Words are, in my not-so-humble opinion, our more inexhaustible source of magic. Capable of both inflicting injury and remedying it." This reminded everyone to think before they spoke because their words have the ability to hurt a friend or make their day awesome!

After breakfast and duties EWW! the morning activities began. The girls really enjoyed G-swim with lots of them in the water soaking up the sun! After lunch, afternoon activities began, wands were made, fairy houses built and kids were flying on the aqua zip and the HS swing!

After another great dinner served by the kitchen staff everyone ran to get the sneakers on to play ESCAPE TO HOGWARTS! The girls had to work together as cabins to find and defeat the seven horcruxes that were hidden around campus! But they had to watch out because the camp was crawling with dementors! Everyone had so much fun today and everyone worked awesome together and did so well at making each other's day awesome!

### **Day 5, June 28th – Cullen LaPointe**

This morning we woke up to another beautiful day. The theme was Lion King, so at breakfast we feasted on pancakes and bacon while listening to The Lion King soundtrack. After





breakfast and duties we had gathering circle during which we sang some songs as a group.

Morning activities consisted of birdhouses and signs in woodshop, the wheel and pinch pots in pottery, ropes, island swims, tennis, riflery archery and kayaking. We then had tacos for lunch and watched some great skits for afternoon activities. For the afternoon gathering circle we played a giant game of "Who is the Leader?"

For the afternoon activities both the aqua-zip and the HS Swing were open as was another island swim trip and an island safari.

At dinner the Wav Choir performed a special production of Doe a Deer. For the evening activity every cabin acted out a scene of The Lion King, each to a different theme. All of the cabins were very creative and put on some very exciting productions. The day finished around the flag with a beautiful execution of the Wavus Hymn.

#### **Day 6, June 29th - Poppy Doolan**

Despicable Me Day. Wow! Today was another incredible day at Camp Wavus. Everyone arrived to flag bright-eyed and excited for the day, especially after an extra half hour of sleep! Many campers were wearing yellow and had big eyes taped to their foreheads dressed as minions in celebration of the Despicable Me theme.

The morning was spent cleaning the cabins for the cleaning inspection that was scheduled for after morning chapel. After a lot of sweeping and scrubbing, Nancy awarded everyone at chapel with dum-dums, and wise words about the importance of accepting each other for who we are at camp. Before lunch the cleaning inspectors inspected each

cabin carefully; though many cabins were close to perfection, Penobscot III won the competition! In the afternoon we took advantage of the hot and sunny weather and participated in many activities from slip and slide to synchronized swimming to war-canoe adventure.

Everyone was exhausted, but rallied for an intense game of CAPTURE THE MOON! (a spinoff of capture the flag, but Despicable Me themed). It was not a Wavus tie; Gru won. But, the good guy always wins! We will definitely all sleep well tonight.

#### **Day 7, June 30th - Bee Crudgington**

Clue Day. We woke up and started our day with a quote from Neil Armstrong: "mystery creates wonder and wonder is the basis of man's desire to understand." We were all urged to make new friends, ask questions and stay curious. The day began with a "murder mystery" that needed to be solved. The sunny hot morning was filled with activities such as ropes, archery, woodshop, canoeing, sailing, riflery and lots of swimming. Everyone at camp took full advantage of the sunny weather.

We heard the alibis of the Clue subjects. The afternoon was busy spent slip and sliding, paddle boarding and water coloring among other fun activities. After dinner the camp split into cabin groups and ran around trying to solve the life-sized game of Clue.

#### **Day 8, July 1st - Mary Strang**

Today was SUPERHERO DAY! We woke up to a very hot, but beautiful summer day. Everyone was decked out in their best superhero costume. The costumes ranged from underwear

over spandex to catwoman and even to supermom! After raising the flag, we started the day off with a hearty breakfast of eggs and potatoes, followed by morning activities.

Morning activities included ropes, the HS swing, tennis, Wavus Waves, sailing, gardening, archery, pottery, as well as arts and crafts. After morning activities, the girls rushed off to G-swim to escape the heat, while some read books and made friendship bracelets on land.

After G-swim we had tacos for Taco Tuesday! Though rest hour was much appreciated on this hot and humid day, the girls were very eager to get to their afternoon activities, which included paddle boarding, field sports, an island swim, superhero training, and yoga!

Since the weather was so hot, instead of a second activity period we had a campus-wide pool party with blow-up toys and tubes down at the waterfront for the second activity period! Once again, the girls were eager to hop in the water to cool off. At the waterfront, we swam and enjoyed watermelon and lemonade on shore.

Next, we had some free time followed by a dinner of pork, potatoes, and corn bread! Following dinner, the girls participated in a Superhero Training Course to test their superpowers. The course tested their skills and teamwork by challenging them with the whale watch, a water balloon toss, a laundry bag relay race, a wagon race, as well as a three-legged race.

After a day full of fun at Wavus, we took down the flag, sang the Wavus song, and headed off to our cabins for a much-needed good night's sleep.

#### **Day 9, July 2nd – Katie Lehmann**

The bell woke the Wavus girls at 7:30

for an 8 o'clock flag and message of the day. Today's theme, Wavus goes GREEN! In the theme of the day, the amazing kitchen staff served cinnamon rolls with green icing! After breakfast the daily duties were completed and a quick tournament of rock, paper, and scissors was played.

The girls were then off to their morning activities! As the heat grew sweltering, the cabins participated in ropes, pottery, gardening, canoeing, woodshop and many other exciting activities. To escape the heat many girls took to the lake for a quick dip just before lunch.

When our bellies were filled, counselor skits were performed to demonstrate the afternoon activities offered. After a short rest period the camp headed back into the heat for a few rounds of "heads up, 7 up" and afternoon activities such as paddle boarding, book club, tennis, kayaking and kickball.

As the camp headed to afternoon General Swim the skies became cloudy, but that didn't stop the girls from cooling off! After a dinner indoors, the evening activity was announced. The Trashion show! As the girls gathered trash from their cabins, a storm rolled in quickly with great thunder and lightning.

Following the assemblage of the counselors' environmentally conscious outfits, the show was on. The crowd chose a Wavus tie among the counselors fashionable attire and the day was concluded with the Wavus song!

#### **Day 10, July 3rd - Zoë Atchinson**

Today was Wild West day at Wav, and more importantly, Junior Wavus campers arrived! Everyone donned their cowgirl boots, fun hats, bandanas,



and best Wild West attitudes. We started the day with Ojibway raising the flag and an inspirational quote from Annie Oakley.

Activities today included sheriff badge making, water gun tag, paddle boarding, an island swim, hair wraps, and decorating Jewell Lodge for our first ever Wavus Hoedown!

As Junior Wavus campers arrived, they enjoyed J-Scoop ice cream and played games together as they waited for all of their cabins to arrive. Finally, around dinner time, the bus pulled in and all of the full session campers welcomed the last of the Junior Wavus girls with a human tunnel and lots of cheering.

Respect, Responsibility, and Courage finished their first night with a council fire in Andrews Hall since it was raining, learning about the rays of the totem pole and getting to know their cabins. The full session campers displayed their Wild West themed dance routines at the hoedown, and concluded the night with a dance party. Everyone was thrilled to finally have the Junior Wavus campers arrive and we all had a great day, despite the rain, channeling our inner cowgirl!

### **Day 11, July 4 – Beth Lebel**

We started off the day with a Mary Oliver poem and talk about the day's theme of freedom, along with the freedom to choose courage while we're at Wavus. Blueberry and strawberry muffins made by the kitchen staff fit the 4th of July theme.

After campus and cabin duties were finished, JW campers headed down to the waterfront for their swim tests and full session campers participated in morning activities. Cabins sailed away with Alice in sailing, worked

on their J and C strokes in canoeing, learned about safety in riflery, aimed for Katniss quals in archery, and did team building with Lauren in a ropes course "Adventure."

At G-swim it started to rain so not many campers were in the water, but the ones who were in the water earned their "Rain or Shine" qual. A "Star Spangled Banner" qual was created for those dedicated to swimming laps for Swim USA on America's birthday.

Since July 4th is a day of barbeque, despite the clouds and rain the kitchen staff didn't let us down. Lunch was mini cheeseburgers and mini pigs in a blanket, and red, white, and blue popsicles followed our meal.

Afternoon activities were replaced by an early EA, due to the full session campers having to wake up early for the Strawberry Shortcake Shuffle in the morning. EA was a bunch of different old school relay races: dizzy bat, sponge bucket relays, whipped cream wiffleball, three-legged races, and wheelbarrow walks. And there was a flag-making station where campers painted their hands and made a camp-wide American flag out of their handprints.

G-swim lacked swimmers for the second time because of rain, and dinner was followed by strawberry and blueberry parfait desserts, once again courtesy of Mary and the kitchen staff. Although the weather wasn't the greatest, campers and counselors kept up their energy and enthusiasm and helped to make this day an awesome celebration of our freedom!

### **Day 12, July 5 – Alice Lazare**

Strawberry Shortcake Shuffle. This morning all of the full session campers had an early 6 AM wake up before



heading off to run in the Strawberry Shortcake Shuffle in Damariscotta. Wavus girls participated in the 5k and the kids fun runs this morning. As we registered and got our race bibs on, Wavus girls kept spirits high with chanting and a stretch circle to get ready for the run. The Wavus spirit was contagious throughout the 3.1 miles, which was evident as we essentially swept the awards categories.

Once back at camp and warmed up with some hot cocoa, the day went on as normal, and the sun peeked out of the clouds around lunch time, just in time for afternoon activities! Extreme canoeing, ropes, Wavus spa, and many other fun activities were offered to the girls for signups today. This afternoon was the first opportunity the Junior Wavus cabins have had this session to do normal afternoon sign ups!

After a fun and exciting afternoon and dinner, we ended the day with evening activity. Tonight we participated in a "Dutch Auction" where the girls brought items from their cabins and offered them up for certain categories, almost like apples to apples! We ended evening activity with an egg drop, where the girls showed their Wav spirit by working together to achieve a difficult task. We headed to bed to get some restful sleep and prepare for tomorrow, our second Sunday at camp!

### **Day 13, July 6 – Addie Morgan**

The theme of the day was 80s neon prom. The girls started the day off with a Sunday sleep followed by wild donuts. From there, the girls prepared for cabin inspections! Lucky for Osage, they claimed the title of cleanest cabin this week!

In chapel, girls were given the chance

to share quotes, poems and passages that they felt moved by. After chapel, girls with brothers over at Kieve were given the opportunity to have lunch with them!

Since the weather wasn't rainy, for the first time in days, the girls were able to go out and do activities such as paddle boarding, an island swim and even an 80s themed dance workout.

For the evening activity, the girls had the chance to pick one of their counselors to help prepare them for a prom. The first task was taking trash bags and making the counselors' dresses. Next, the girls used face paint to do their counselors' makeup and hair. Last, the girls topped off their counselors' looks with accessories before a shake and bake race that brought them down to Andrews. In Andrews, the campers were able to dress themselves up in costumes to take prom pictures with their counselors!

### **Day 14, July 7th – Sam Hall**

Once upon a time in Wavus-Land, there lived many young campers eager to get started with their day and ready to change the world. Some of the young campers began to stretch their imagination by participating in the waterfront kickball game.

They continued to expand their minds during an afternoon activity in which they assisted the fairies that live out on the point by constructing new fairy houses and even a fairy hotel, which lies within a tall oak tree.

The young campers swam to the point and back to the waterfront, as well as, taking the canoes out for a trip. Some campers relaxed in the afternoon sun while painting pictures of far off lands and never ending sunsets. Great battles were fought and enemies were



conquered during Rafts Wars and only those who were deemed brave enough attended the Worst/Best Activity Ever.

However, these young campers did not stop at adventures to distant lands and vicious battles: they ended their day with a great celebration around the fire with many performances of classic fairy tales. There was the tale of the poor Cinderella girl whose dreams finally came true and the one about the heroic girl in her red riding hood who saved her grandmother's life. The stories brought a new sense of life to Wavus-Land filled with imagination, creation and courage.

The end.

### **Day 15, July 8 - Lindy Perry**

Happy Disney Day! We woke up to the clock striking 7:30 ready to take on the magic of Wavus. We were serenaded by classic Disney tunes during breakfast to start the day off right. There were some great morning activities of kickball on the waterfront, adventure games, and girls had the chance to really fly on the HS swing!

At lunch the Disney music continued as some of the counselors jumped up to dance in war paint to "Colors of the Wind." It was also a great lunch because it was taco Tuesday. In the afternoon there were classic activities such as running and screaming, following around Dakota, pet rock making and testing bravery on the aqua zip.

For general swim the girls performed their favorite Disney song in order to swim in. Some of my favorites such as "Part of your World" and "Love is an Open Door" were sung on the floats.

We spiced things up a little bit to add some wackiness to Wav and had a camp wide dance party right

after dinner! For evening activity the girls were sent on a quest for some missing princesses around camp. There were 9 princesses hidden, including Pocahontas at the canoe dock, Snow White in the garden, and Ariel at the waterfront. The girls had to travel with their cabin and get a picture with all nine of them before the bell rang. Osage won the challenge followed by Cayuga and Responsibility in a close second and third. The remaining cabins found all of the princesses though and were able to solve the riddle at the end! I was so proud of everyone who finished! It was a great way to end a magical day at Walt Wavus World.

### **Day 16, July 9 - Ana Schavoir**

Today Wavus celebrated Boy Band Appreciation Day! All day we listened to music by the Beach Boys, the Beatles, the Jonas Brothers, Hanson, and One Direction! There were dance parties at breakfast, lunch and dinner. The girls dressed up by wearing their favorite boy band tee shirts with backwards baseball hats and sunglasses. (There were also a few mustaches...) We were also very lucky to have a visit from our very own Wavus boy band, "The Wav 6." They put on a very special performance for all of the campers at lunch and it was a hit! We're all hopeful that they will release an album soon, or maybe put on another concert.

It was a very hot day, so the girls spent a lot of the time doing water activities like paddle boarding, kayaking and Wavus Waves. In the afternoon, the Aqua Zip was open, too! We had a ton of campers sign up to make a music video for Wavus! We also made concert posters to show love for our favorite boy bands.

For our evening activity, the girls



turned the counselors in their cabin into boy bands with costumes, a band name and a signature dance move. Each group then did a lip-sync to a song of their choice. The bands were hilarious—we had appearances by “The Sups” and “The Banana Banjoes”, along with others. After all of the bands performed, we had a massive dance party under the Sunscape to celebrate. Since it was so hot, we ended up turning on the hose and everyone got sprayed. All in all, Boy Band Appreciation Day was a one hit wonder!

### **Day 17, July 10 - Andrea Silvestri**

Today Wavus celebrated Christmas in July! We started off the morning with a quote from the movie *Elf* and proceeded to sing along to Christmas songs through breakfast. Morning activities included yoga, archery, woodshop, ropes, sailing, riflery, pottery, canoeing and kayaking.

Next everyone enjoyed a break from the heat during G-Swim. Each float and dock celebrated the day by singing their favorite holiday song after the last buddy check.

We continued our summertime Christmas with elf house building, awkward family Christmas photos, and ornament making during afternoon activities. Other favorites included diaper diving and water trivia.

During the second G-Swim of the day we played kickball in the water using floats as bases and left dock as home base! Everyone cheered their teams on and swam as fast as they could to win.

After free time and dinner we had evening activity. The goal of evening activity was to save the holiday spirit! It was announced that holiday spirit was running low and as a result Santa's

elves has stopped working, New Year's was delayed, and holiday parties were being cancelled. It was up to Wavus to raise the holiday spirit and fix this disaster. Activities included caroling, “Sledding” on the slip and slide, “sleigh rides” via shake and bake, putting on the annual holiday play, decorating the tree, reindeer training, and getting dressed up in crazy outfits for a holiday party. Our efforts were a success and the holiday season was saved!

Finally, we gathered together to lower the flag and headed to bed ready to get some rest after a busy day.

### **Day 18, July 11 - Ruth Solow**

Today was Carnival Day! We began at flag with a quote from Dr. Seuss encouraging us to embrace nonsense and “look through the other end of the telescope” for a new perspective. This was the last day of the Junior Wavus session, and for those campers the day was all about packing in as much fun and activity as possible before reflecting upon their time at camp.

After breakfast Cheyenne headed to the Snowgoose III and Omaha took a trip to the beach, and the rest of camp prepared for a morning of activities and an afternoon of Carnival fun!

The girls went about their usual morning activities in the beautiful sunshine. Everyone had a great time enjoying tennis, kayaking, riflery, ropes, woodworking, pottery, and Wavus Waves. The air was full of excitement in anticipation of the afternoon's carnival! G Swim today was the most energetic by far – almost every single camper got in the water!

After lunch, the much-awaited carnival finally began! Music and laughter abounded as the girls roamed freely from one carnival activity to

another. Campers were able to dunk their counselors and directors in our dunk tank, bounce in a bouncy house, take photos of their freshly painted faces, cool off at the Slip N Slide, splash each other at water balloon corn hole, and so much more! Of course, no carnival would be complete without the food – the girls enjoyed fried dough, ice cream sundaes, and pretzels. By the end of the afternoon, everyone was happy and exhausted (but not too exhausted to enjoy a refreshing G Swim before dinner). We certainly took Dr. Seuss's advice and embraced the nonsense of the day.

After dinner, the entire camp proceeded down to council fire to reflect and bid the departing campers farewell. Each Junior Wavus cabin was awarded with their own ray of the totem, and older full-session campers shared their experiences about transitioning from Junior Wavus to full session. As with every council fire, we ended the evening by singing songs. The Wavus spirit and community was especially bright today on Carnival Day, with the air full of laughter and song. Though it was very sad to say goodbye to our Junior Wavus campers, we were able to end the session with a bang!

#### **Day 19, July 12th – Julia Welter**

The NASCAR committee has recently chosen Wavus Campus for Girls as the host of a qualifying race for the Sprint Cup. The girls spent their day preparing for the big day. Starting at breakfast we got into the Spirit of NASCAR with some inspirational country music. We unfortunately had to say goodbye to our Junior Wavus friends after breakfast. The girls spent the day at the waterfront having a pool

party while construction was done on the track around camp. The waterfront was flooded with pool toys, bubbles, rafts and toys!

After lunch the girls had an extended rest hour to make racecar designs. The afternoon was spent fishing, paddle boarding and a little lacrosse! It was a much-needed break for the girls who had been diligently working on their racecar designs.

Before dinner the girls made their cars, each sponsored by a different company. We had Sunbutter, Coleman Grills and Build a Bear all as sponsors. Down at the track we had an exciting race with Allagash IV coming in first, Allagash I coming in second and Penobscot I. Cheyenne won the best car with their slogan "Wavus: where best friends are made."

#### **Day 20, July 13th – Emily Hebert**

Wav got pretty weird today - it was our theme after all! We started our Sunday morning off with flag and Wild Doughnuts, which is always a crowd pleaser. After breakfast the girls returned to their – shall we say - well-loved and lived in cabins to do a deep clean before inspections.

At ten thirty everyone in camp headed down the hill to chapel. We heard a great song, sang many as a group and heard some wonderful readings from many of the girls. Once chapel was over, the girls headed back to their cabins to prepare for inspections.

For lunch, brothers from Kieve came to visit us – something the girls always look forward to! Our afternoon was filled with many different activities from paddle boarding to a foursquare tournament to tie dying.

We ended our day with an evening





activity, which was fairly reminiscent of a Wav favorite – Shenanigans! Each cabin had to travel around camp performing different tasks. Counting the number of holes in tennis net, counting rocks at Jewell and barrel rolling across the sports field are some examples of the zany tasks the girls had to perform. Towards the end of EA we got some rain, but it wasn't enough to deter the girls, they kept on going. Whoever completed all of the tasks first was the winner, and on the night that Wav Got Weird it was Gash I who reigned supreme!

We still had a bit of time left before we had to sing our song and head to bed so we decided that the only possible option was a dance party! The girls laughed and sang and danced like nothing I've ever seen before. It was so much fun to watch all of their crazy dance moves! The last song of the night was none other than the Wav song. Because it was pouring we were unable to gather around the flagpole, so we made a huge circle in Jewell and sang our song. It was such an amazing day and it was so much fun to see everyone's personalities and unique weirdness shine through! I'll leave you with the same quote I left the girls with tonight:

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.  
– Ralph Waldo Emerson

### **Day 21, July 14 – Beck Slack**

Today was Twin day at Wavus! After yet another great breakfast at Wavus, the kids dressed up as other campers as make believe twins for the day. Throughout the day girls kept twinning, whether it was when it came to their swim suits, or their PJs, the girls

went the distance!

During the day girls played both twin-related games (like birdy on a Perch) and regular camp activities (like 80s workout). For the EA the girls all gathered in the Jewell to watch the movie Parent Trap! A classic Wavus favorite. Overall another successful day at Wavus

### **Day 22, July 15 – Margaret Tucker**

Today was Wav Wedding! Last night we witnessed a beautiful proposal by the Marge Barge (Marge's blue kayak) to Marge. We woke up to a rainy morning, which is actually exciting because it means we get to sleep in! Marge spoke about everlasting love and how Wav love is a binding commitment to each other – we know we will always be there for each other!

After a leisurely morning and a delicious breakfast we excitedly prepared for the wedding day! Everyone wanted to help prepare, so throughout the day we gave out jobs to all the cabins. There were flower girls, wedding dress designers, ring designers, ring bearers, toastmasters, speech givers, ushers, and bridesmaids and groomsmen! We spent the day preparing for the big night and doing fun activities like decorating, zumba, and many more.

Finally, it was time for the evening activity – the wedding and the reception! It was a beautiful wedding and after the father/daughter dance, the bride and groom's first dance, and some toasts, we had a giant dance party! It was an awesome day! Long live, Marge Barge!

### **Day 23, July 16 – Julie Walters**

Today at Wavus crazy things happened! The whole day's events

were determined by dice. The morning started with an entrance by Long Voyage I. Our breakfast was full of Mission Impossible meets Navy Seal. Wavus erupted with cheers, smiles and chanting as we welcomed back our long lost sisters.

Even though it rained throughout the morning, the Wavus spirit wasn't dampened! Knot tying, climbing and yoga were some of the activities that cabins participated in. In the afternoon, we all witnessed Cullen walking backwards and Leah giving free hugs, thanks to the luck of the dice. The afternoon activities consisted of British Tea Time, fire building, and Coleman cooking, while some trips unpacked.

Dinner was a lively affair, with campers and counselors alike looking forward to the Dice Day evening activity: Wav Family Feud! After a hard fought but friendly battle between the cabins, Ojibway proved to be the victor. With almost a full camp, we sang the Wavus song, and then walked back to our cabins, laughing, talking and looking forward to the arrival of Maine Trails!

#### **Day 24, July 17th - Katie Paige**

Today was a great day- Qual day and Fireworks! We started the day with an open qual, meaning everyone was free to finish their projects or earn additional quals at the activities. It is always a fun and exciting way for the girls to get one more opportunity to do their favorite activity.

After lunch, it was time for the session's last afternoon activities! It was a beautiful day, and activities included Zumba, Waterfront Charades and Step Team! Needless to say, there was an activity for everyone.

For dinner, it was time for Jewellianos!

The Jewell was set up and decorated for the annual dinner. It was delicious, and we finished with a dance party, strawberry shortcake, and a HUGE thank you to the kitchen staff!

After dinner, we broke into small groups to talk about present and future trips at Wavus. It was a great chance for younger kids to learn more about upcoming trips at Wavus. Then, we piled into vans, minivans, school buses and boats to make our way over to Kieve for FIREWORKS! The show was spectacular. Once the flag had been lowered and our camp songs had been sung, we headed back to Wavus for the night.

#### **Day 25, July 18th - Molly Cleveland and Lindsey DeMuth**

Color Wars. Today was the last full day of camp! We woke up to a beautiful sunny day on the lake. The circle around flag in the morning was complete because everyone was back at camp for the first time since the start of camp. Everyone enjoyed a delicious breakfast of waffles, french toast, and pancakes.

Afterwards everyone went to pack up the rest of their gear from trip and then back to the cabin to start cleaning and packing for the last day tomorrow. G-swim was popular today because it was sunny and warm and the lake was looking great!

After lunch, the older cabins left Wavus to go over to Kieve for an HMI presentation. The rest of the camp enjoyed a well-deserved rest hour before heading back to the sunscape to learn about the rules for this year's COLOR WARS!!!!!!

Once everyone was pumped up and ready to go, the teams split. The game started off slowly as the teams put

their plans together. But once everyone knew how to attack, there was a lot of color tagging back and forth. Each team was working really hard to get to the flag but because of the amazing defense on both teams the game ended in a stalemate. After taking some snack breaks that included dancing and zumba classes, everyone headed down to the waterfront to clean and cool off. G-swim was a great time, everyone appreciated the refreshing lake!

Afterwards, everyone dried off and got changed for dinner. The camp enjoyed a meal of burgers, hotdogs, and watermelon.

We then watched the session slide show and the counselors sang a song to the campers, which made a few of us break out in tears thinking about how much we would miss this amazing group of girls. Then we lowered the

flag as a camp and headed down to council fire.

Each cabin got a chance to talk about their trip and their counselors awarded their cabin a ray of the totem that best fit their personality. This was a special time for each cabin individually and Wavus as a whole. The older girls that had completed a longer trip were awarded paddles and blankets, which was a very special moment to see!

When council fire was over, all of the cabins lined back up and walked up to the drumlin. Here, we all sang the song Longer and Nancy got to say goodnight to each cabin. All of the cabins then retired back to their bunks for their last night in camp with heavy hearts. This last full day of camp was just what we needed it to be, a fun and reflective experience all in one!!





# Second Session

## Counselor On Duty Reports

### Day 1, July 22

First day of camp! July 22

It is hard to believe that our second session for the 2014 has arrived! Just like the very first day of camp this year, the weather could not have been any better. With bright sunny skies above us, I could tell it was going to be a great session! It is so wonderful to see all of these familiar faces and also to see so many new faces. The entire day today was busy with so many campers being dropped off by their families (some even came by boat from Kieve!).

After lunch we took some time to get settle into our cabins and unpack, get to know our counselors and to meet old and new friends.

After a traditional first dinner of chicken nuggets and smiley fries (yum!) with our cabin, we heading down to our fist council fire. Nancy started things off by welcoming us as we begin our journey as a family and what to expect for the next 3½ weeks. After each of the counselors read a ray of the totem, we returned to our cabin and wrote our cabin contracts as to what each camper wanted to achieve while at camp. It was soon time for us to turn the lights out for our first night at Wavus. It was a good night for all of us.

### Day 2, July 23rd – Krista Cote & Sam Hall

It couldn't have been a more exciting day; after all, it was the first full day of camp! For many of the girls this will be their final first day at Wavus. For others it is just the beginning. We wanted to convey the purpose of Wavus to the

girls. Krista led the morning with a quote by Steve Maraboli, this quote is what everyone here at Wavus tries to instill in all of the girls and many of us strive to emulate. "You don't always need a grand plan, just take a breath, let go and be open to what happens; also, at every given moment we are absolutely perfect for what is required for our journey."

We escaped the humidity by cooling off with morning swim tests, followed by cabin photos on the rock of fame. All of the older cabins left for a seminar at Kieve during rest hour in order to learn about many outdoor education programs that are offered throughout the country and even around the world including High Mountain Institute, a semester school, and Moondance, an organization that works closely with Kieve-Wavus.

After an afternoon of mostly waterfront-based activities, the hot muggy weather turned into a thunder and lightning storm and cancelled our evening activity of escape to freedom. However, we had a special guest appearance by Pat and her best friend Peg from shuffleboarding class! They came to save the day and turned the Jewell into their own personal Bingo hall. After a competitive game of Bingo, Nancy gave Pat the idea to put ice cream, bananas and sprinkles in a huge 40-foot gutter and serve it as the world's largest ice cream sundae! It was SO long and it looked awesome! The girls loved the ice cream, and it was a great way to end the first day at Wav.

### **Day 3, July 24th – Klara Weaver**

Rubik's Cube day. The day started off grey and flag had to be missed as it was raining outside when the camp came down at 8 a.m. We read the quote of the day in the warmth of the Jewell, which was "The human race is like a puzzle: everyone fits in somewhere, it just takes a while to figure it out." The message behind this is Wavus is a special place where both campers and staff alike can be helped by one another to find their true self and know themselves better. In knowing oneself, a young woman can then go about finding her true path and purpose in life.

On a lighter note, the campers were instructed to come to dinner in all different colors, and then by dinner, they were to have swapped clothes until they were all one color, thus solving their Rubik's cube.

Over breakfast, Maine Trails announced that they were leaving for their trip! Omaha, Shawnee and Penobscot I also left for their primers. We wish them awesome trips!

After breakfast the campers met for the morning meeting, where we played a great round of 'Entourage' and 'Indian Chief'. Long Voyage II then led the camp in a few songs including 'The Princess Pat', which were enjoyed by everyone. We then ran off to morning activities, happy that the rain had died down to a drizzle.

Morning activities went very well, with people reaching QUALS on Ropes both in the morning and in the afternoon. Arts and crafts made 'modern day gentleman' beards, some of which included monocles, which were excellent.

After period 2, we all headed down to G-swim, where the sun had finally come out and we had a chance to warm

up. The floats did air guitar skits before coming in for rest period and lunch.

At lunch there was a massive emphasis on being ORT free. Lauren G and Emily Rodrique spoke to the campers about food wastage, a very important message. They told the campers that it only takes 1.5 lbs. of food to feed one person, which I personally found incredible that we were wasting so much. They proposed we weigh the pig bucket at dinner.

Afternoon activities were very popular and included comic book making, zumba, yoga, pottery, arts and crafts, paper bag skits, sailing and paddle boarding. Sailing was very popular and 5-6 boats went out on the water to enjoy the nice weather. They also learned how to tie important sailing knots. Zumba was very popular and we gave the campers a workout, I even joined in for a song which I really enjoyed. Paper bag skits was very popular, my personal favorite was one about an alien invasion. We then all headed down to G swim, where we had a ton of campers in the water. The float skit was Disney movie mimes, obviously Lion King was a favorite!

At dinner we weighed the pig bucket, and despite having 5 cabins ORT free, we still wasted 10 lbs. of food. This was better by far than at breakfast, but there is still work to do! It was announced that a new QUAL had been invented down at the waterfront called the stroke QUAL. You obtained this QUAL whenever you demonstrated a new stroke, which I think is fantastic! Abenaki all got QUALS on the ropes course, which is an awesome achievement for one cabin to obtain.

After dinner, we announced the EA as 'Escape to Freedom'. Aileen solved





a Rubik's cube in 2 minutes, which we were all super impressed by. We played 'Escape to Freedom' with 6 freedoms to represent the 6 colors of the Rubik's cube. They hid all over the place, including in cars, under boats and in the tripping shed! Allagash II won in the nick of time with 30 seconds left to go, getting all 6 colors on their hands. We then gathered around flag to reflect on the day and rounded off the day with our song.

#### **Day 4, July 25th – Emily Hebert**

'Merica Day. Today started out as a beautiful but chilly morning. We opened with a quote from former first lady Rosalynn Carter that stated "A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be." This quote emphasized how being a great leader is not about taking people the easy route but the route that will be the most rewarding.

After raising the flag the girls went to Jewell for breakfast, then it was time for morning activities, which consisted of archery, tennis, paddle boarding, and many other exciting activities. It was then time for morning G-Swim and right after, lunch.

After lunch and rest hour the girls participated in a wide variety of sign-up activities which consisted of open arts and crafts, charades, zumba, paddle boarding, an island swim and so many others. The girls then had afternoon G-Swim and then dinner. Dinner was the girls' favorite meal for the day... PIZZA.

After dinner the girls participated in a campus-wide capture the flag game, which ended in a Wavus tie. The evening flag was raised which ended the hot and beautiful day with a quote

from President Barack Obama, "One voice can change a room, and if one voice can change a room, then it can change a city, and if it can change a city, it can change a state, and if it change a state, it can change a nation, and if it can change a nation, it can change the world. Your voice can change the world."

Overall the day was a huge success and a true reflection on how much America means to each of us and how even one person no matter their size can make a difference.

#### **Day 5, July 26th – Zoë Nahatis**

Bikes & Burgers / Air Guitar. Today was a great day. The theme was all about dancing. It was also a special day because we had the honor of hosting the Bikes and Burgers fundraiser for the Veterans camp. Kieve campers and counselors came over as well and everyone from both camps lined the road waving American flags. The Veterans made a grand entrance down the road with their motorcycles and hot rods. This fundraiser supports the Kieve Wavus Veteran camps that run several times throughout the year.

After lunch of delicious burgers, the girls continued with their afternoon activities. Instead of afternoon G-swim, however, they were given time to prepare for the evening activity: Air Guitar. Each cabin made up a dance to a different genre of music.

After dinner, we had our Air Guitar performance. I was the host and called up each cabin as well as groups of staff to perform in front of everyone. The creativity of staff and campers was truly impressive.

#### **Day 6, July 27th – Maeve Donovan**

Wacky Wav. Today we woke up to

a beautiful sunny day on Damariscotta Lake at 8. At flag we talked about how being weird and wacky is amazing because at Wavus everyone can be exactly who they are and everyone is accepted. The quote for today from Dr. Seuss was "Why fit in when you were born to stand out?" Living out this quote was the goal for today.

The girls sat down to a breakfast that had wild donuts and multi-colored milk in addition to the usual fruit and cereal. After breakfast the usual Sunday cleaning competition began with each cabin returning to their space to make it as clean as possible. Following cabin cleanup, we all met for chapel and heard the story of Joy the bird as she found her home.

The rainy afternoon was not a deterrent for everyone in afternoon activities. Acting class, arts and crafts, craziness, and board games were enjoyed by all in addition to Zumba in the rain.

After dinner we had our EA, trash'n'show. All of the counselors showed off custom looks made straight from the trash cans of the cabins. After the fabulous fashion show, all of the counselors received a whipped cream pie in the face. To close the day we all gathered together to sing the Wavus song, then went to bed.

### **Day 7, July 28th - Jessi Panico**

Olympics Day. Today began like any typical day at Wavus, with the ringing of the bell and the raising of the flag. The weather today wasn't the greatest – it began misting during gathering circle and was cloudy and a bit drippy all morning. However, Wav girls don't let a bit of wetness get in the way of their activity time – the girls spent the morning inside and out doing archery,

art, riflery, ropes, woodshop, Wavus waves, sailing, and canoeing! Morning G Swim was hindered by heavy rain and the girls had to wait it out, but thankfully let up in time for us to run through the puddles to lunch!

After lunch the forecast looked iffy, but we came up with some creative activities that would keep us out of the worst of the weather. Girls took part in arts and crafts, bananagrams, water bottle decorating, the ever-popular shenanigans, and some impressively creative Olympic re-enactment skits. Thankfully, the sun decided to come out in time for afternoon G Swim!

We closed out the day with an Olympic-themed egg drop as our evening activity; each cabin made up a country and dropped its "Olympic delegation" (an egg!) off of the porch in a structure designed to keep it safe. Most of the eggs survived! We sang the Wavus song and headed to bed with the hope of sunny skies tomorrow!

### **Day 8, July 29th - Kat Strang & Mary Curtin**

Twin Day. It was a beautiful morning on Damariscotta Lake. We woke up after many days of torrential downpour to find the sun shining in the sky. We all headed down to flag and listened to Kat's message for the day which included a quote by Jesse Jackson, "Inclusion is not a matter of political correctness. It is the key to growth." The message spoke to strengthen our community by taking the time not only to include but to truly get to know our fellow sisters at Wavus.

We enjoyed eggs and hash browns for breakfast, followed by a morning of activities. Morning activities included riflery, waves, pottery, ropes, trip prep, and gardening. After an eventful

morning, we went to G-swim and cooled off from the hot summer day. Luckily, it was TACO TUESDAY, a camp favorite. So we chowed down!

Afternoon activities included sailing, waterfront kickball, paddle boarding, friendship bracelet making, a zumba dance session, and kayaking. After all the running around, we jumped in at G-swim for a refreshing swim followed by a great night of watching The Parent Trap in the Jewell with goodies! What a great day at Wavus! Until next time....  
XOXO Kat & Mary

### **Day 9, July 30th - Dempsey Schott**

3, 2, 1, blast off! Happy Space Day! Today we started off the day with a quote about the challenging search for extra-terrestrial life, and how—similar to ‘in-camp’ challenges—if you never try the chance of success is zero. With that in mind, we headed to breakfast, where we only had one pound of ORT!

We spent our morning in canoe clinics, prepping for trip, and working together at adventure. Lots of girls got quals at GSwim—although it was rainy, spirits were still high! Lucky for us, it cleared up in the afternoon for the aqua zip, zumba, and some alien banana making. Shenanigans were, as usual, everywhere, including 2nd G Swim.

After a rousing Junior Wavus counselor ‘space’ performance at dinner (JW’s tomorrow!), the girls ran back to their cabins to get ready for the EA—Mission to Space! They ran a foot race with mail on Mercury, survived a Jupiter/Pluto Whale Watch challenge, used sponges to transport water on Neptune and played ‘U-Rang-Us?’ on Uranus—a game of Dance Telephone. They also Hula-Hooped on Saturn,

tested out tennis skills on Venus, played Bruno Mars ‘Don’t Forget the Lyrics’ on Mars, and learned about recycling on Earth. We met back up the sunscape for a quick alien invasion and final ‘space jam’ dance party. Overall, the day was truly out-of-this-world!

### **Day 10, July 31st - Paul McCarthy**

Today’s theme was Pirate Day and it was a smashing success! In the morning, campers demonstrated their abilities at the ropes course, in the wood shop, on the tennis courts, out on the lake sailing and paddle boarding, and throwing clay on the wheels in pottery.

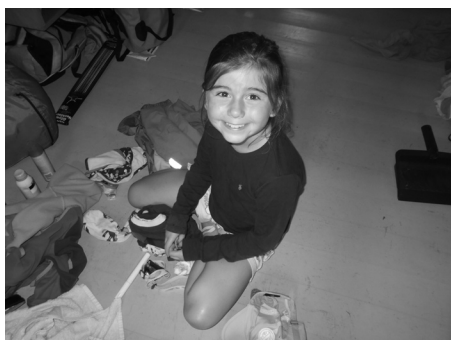
Before lunch, campers got a little spray with the hose from the pirates on the roof of Jewell! The slip and slide bowling alley was open for business or campers could go on a treasure hunt to the island in the war canoe. Paddle boarding, canoeing, pottery and sailing were some of the other options for afternoon activities.

Then the evening activity picked up the energy right where it left off. Counselors participated in the 1st annual Paddle Board Jousting Tournament. A bracket was made and counselors tried to knock each other off using heavily bubble-wrapped paddles. The campers watched and cheered on their counselors from the waterfront. In the final epic match, Addie Morgan took down Hannah Flagg in a heated battle. It was a blast and the day ended with the spirit and energy that a Pirate’s Day deserves!

### **Day 11, August 1st - Lilly Schrecengost**

Mario Kart Day. We, the women of Wavus, woke up to a wonderfully warm summer morning, beginning our first full day with Junior Wavus





campers! After flag and a yummy breakfast consisting of bacon and eggs, everyone cheered on three brave contestants racing as Mario characters for Loon Duty.

At gathering circle, all the girls worked together as cabins to practice their racing skills in a game of leap frog across the soccer field. They sang camp songs and pumped up with energy for the upcoming activities, which consisted of archery, riflery, kayaking, and the ropes course, as well as the Junior Wavus swim test. Talk about racking up the quals!

At lunch time, we had sliders and pigs in a blanket, delish! During announcements, our full session campers introduced the JWs to responsible consumption here at Wavus: being "ort-free," taking only what you can eat, and giving a local pig farm our leftover food. After lunch, we had rest hour to recharge our engines for the next round of activities.

The girls chose from plenty of awesome activities including tennis, kayaking, arts and crafts, ropes, island swim, recycled material boat-making and racing, tie-dying, and climbing the rock wall at Kieve. All of this fun, combined with the heat, made everyone eager for a dip in the lake before dinner, which was... PIZZA!!! (If you're wondering, yes, we were pretty much ort-free).

Once loads of quals were announced and reminders given, the girls prepared for one intense Evening Activity. Each cabin played as one Mario character in the Mystery Box Challenge, competing in a campus-wide race to finish several activities. They braved a crazy obstacle course, the slip n' slide, the ring toss game, shake n' bake with counselors, the human knot, and a game of red

light/green light. Once our first three cabins completed all of the challenges, they each picked one representative to race down Rainbow Road to the finish! In first place, we had Ojibway as Birdo, and coming up with a close second was Narragansett as Princess Peach. Phew! What a race!

Our day at Wavus ended in one central theme tying everything together: whether we are playing a fun, simple video game, or whether we are competing in the unpredictable game that is life, there are obstacles over which we have no control. What we do control are our actions and the ways in which we work together to achieve any goal we set.

### **Day 12, August 2nd – Alanna Atkinson**

Today's theme was "Summer School" in which I pretended to be the principal of Wavus! In the morning attendance was called out by each cabin to see if everyone was there. The cabin would come up with their own count off; such as a song or a saying. One group sang "Dancing in the mirror singing in the shower." Another did "Happy birthday to you. Happy birthday to you. Happy birthday to Wavus."

During the afternoon activity, it was a spelling bee. Each cabin had to work together to figure out the longest word they knew. Once they agreed on a word, they would then agree on one person from their cabin to come up and spell the word in front of all the other cabins on stage. Again, all the girls from each cabin were really working together and understand the meaning of the game.

The evening activity was a spin off the show "Are you smarter than a 5th grader?" except we called it "Are you Smarter than your Counselor?"

The rules to play had a cabin and one counselor come up to challenge each other.

There were 10 levels for each cabin to go through.

Level 1: Responsibility

Level 2: Courage

Level 3: Mohawk

Level 4: Cherokee

Level 5: Ojibway

Level 6: Shawnee

Level 7: Abenaki

Level 8: Penobscot

Level 9: Long Voyage

Level 10: Maine Trails

Each cabin started at level 1, Responsibility. The goal was to complete each level and finish at Maine Trails. On each worksheet that was handed out, it spelled Confidence. A cabin could only go up three levels if they answer a question wrong, then they did not move on and they did not get the letter for that level. A lot of cabins liked and participated in the game. I think overall the day was VERY good!

### **Day 13, August 3 – Poppy Doolan**

Boy Day. It was hard not to wake up in good spirits today; many Junior Wavus campers had their first ever night sleeping in tents on the soccer field, there was not a cloud in the sky, we had an extra hour to sleep in being that it is Sunday, and it was BOY DAY!!!!!! At flag the song “Reflection” from Mulan was sung to emphasize the importance of being whomever you want, especially while at camp.

We spent the morning mopping and sweeping our cabins in anticipation of cabin inspection. Before lunch, we gathered for chapel to reflect on our time thus far at camp. Much amazing poetry was read and songs were sung.

In conclusion, Courtney and Casey talked about how important Wavus is to them, being a place they could truly be themselves, and shared some stories from when they were campers together. It was very fitting to the theme from flag.

At lunch Kieve brothers arrived off the boat and just as exciting, the winners of Cabin Inspection were announced! It was tough competition and the cleaning fairies saw many bathroom floors they would have been happy to lick. However, in the end Cheyenne prevailed!

The afternoon was enjoyed with sailing, playing croquet and soccer, tie dying, and swimming to Treasure Island, among other activities.

After a yummy chicken dinner, I announced the evening activity. The campers were not thrilled when I jokingly announced we would all be knitting in a circle, but when I succumbed to the sad faces and told them we would be playing Manhunt the cheering began and so did the fun! The counselors were ruthless so after 20 minutes we started a new round since so many campers had been tagged out. At evening flag we reflected on the fun and silliness of the day and everyone went to bed tired and ready for a good night’s sleep.

### **Day 14, August 4th – Lauren Stone**

Today was a great grandparent’s day! Flag began with a quote by Maurice Chevalier, “You don’t stop laughing because you grow older. You grow older because you stop laughing.”

After breakfast, a few counselors had the chance to test their math skills in the Loon challenge by calculating how old “Grandma Lauren” was if she was born November 12th, 1937 (correct



answer 76). At gathering circle we played human bingo. The girls got into groups of 9 (3 by 3 grids) and Grandma Lauren called out birthdays. If the girls heard their birthday they sat down. The first group to have a diagonal, row or column sitting down won.

Morning activities were a blast! It was a really sunny day and everyone seemed full of energy. Kickball at Wavus Waves was in full swing! Many girls were belaying for the first time down at ropes. The rackets were also “in full swing” over on the tennis courts and the arrows were flying high on the archery field. The sun was still out for g-swim!

Afternoon activities were also a lot of fun! Arts and Crafts perfected their friendship bracelet skills, while more girls tried out belaying in Belay School at ropes. In the spirit of “Grandparents Day” there was finger knitting on jewel porch and yoga in Andrews Hall. There was also a mystery van activity- bridge jumping!

The girls spent their free time after g-swim preparing for the evening activity-skits! Each cabin was given a prompt that had to do with grandparent’s day and prepared a short skit for it: “I Won’t Retire” or “Golfing with Grandkids” for example. They were all hilarious! It was a great start to the week.

#### **Day 15, August 5th – Ana Schavoir**

Today Wavus celebrated Boy Band Appreciation Day! All day we played songs from the Jonas Brothers, One Direction, Hanson, N\*Sync and more. We had dance parties at breakfast, lunch and dinner, which was totally awesome!

It was also really hot today, so the girls spent a lot of time in the water at Wavus Waves, sailing, and on the aqua

zip! We also had a special lunchtime performance by Wavus’s newest boy band, 3½ Weeks of Summer. After lunch, the girls joined the dance team to practice their boy band moves and spent time doing pottery and making human sized bubbles!

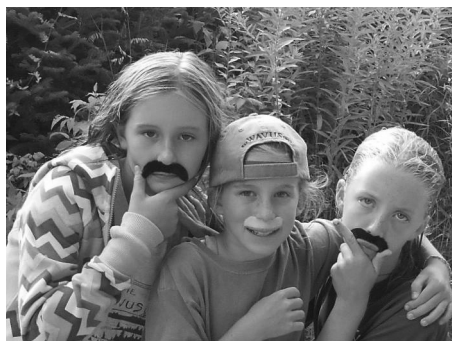
For the evening activity, the girls got to dress their counselors up like their very own boy band, with costumes and a signature dance move! The counselors then performed for the entire camp. Some of the costumes were pretty crazy – there were a lot of feather boas and tutus, and “The Onas Brothers” even made a special appearance! After that, the whole camp had a crazy dance party – and everybody ended up getting a little wet with the hose. It was a great day!

#### **Day 16, August 6th, Mary Yost**

This morning we woke with a little overcast sky, but there was still very high energy in camp! They also all received a little treat at the table for breakfast, a Hersey kiss.

Since it was Wavus Wonka day today, there were, of course, some golden tickets. The golden tickets were hidden throughout camp and even in the water! The campers searched behind and under everything for the tickets. The prize was a box of Wonka candy! During G-Swim, many were in the water with goggles looking for the ticket at the bottom of the lake.

In the afternoon, during gathering circle, Allagash I came running into Jewell. They had just returned from their 13-day trip. After gathering circle, there were some thunderstorms, but they passed quickly and everyone resumed with their afternoon activities, including Wonka Jeopardy and Minute to Win it. In the second G-swim, we had



another lucky camper find a golden ticket in bottom on the lake.

Dinner was the famous Wav pasta, meatballs, and garlic bread. For Evening Activity, each cabin invented a new type of candy and created a box and logo for the candy. They then had to make a commercial/skit for the candy. It was an overall great day!

### **Day 17, August 7, Emily Rodrigue**

We woke up this morning to the sight of sun streaming through the pines and the birds singing their morning song. Although the day seemed to start peacefully, it turned out to be one of the wildest days Wav has seen in its history - IT WAS WAV SUMMERFEST 2014!!!!!! Breakfast was served with a side of giant inflatable beach ball toss throughout the meal.

After a rowdy round of morning activities, we headed down to G-Swim where cabins could earn "tickets" for their ticket jar for being spirited and getting their whole cabin to swim.

After a delicious lunch of Mac and Cheese, and a restful rest hour, we gathered back at the sunscape to prepare for part 1 of Wav Summerfest 2014 -A CAMP-WIDE REGATTA- and see Penobscot II's entrance! Soon after, there were canoe, sea kayak, sailboat, paddle board, war canoe, and inflatable animal races for every cabin to participate in. The victorious cabins were Allagash I, Mic Mac, and Kindness!

After Gash II's epic entrance during second G-Swim, we headed out to the kickball field where we were greeted with picnic blankets for each cabin and picnic lunches from the kitchen staff. There was also a stage set up for an open-mic style night, and there were hair-wraps and face painting for

campers to enjoy as well. After hearing some incredible renditions of "Hound Dog", "Let it Go", and "Rolling in the Deep", we headed off to flag and then to bed with the spirit of summer and Wavus forever engrained in our hearts.

### **Day 18, August 8th - Lindy Perry**

We woke up to another magical day at Wavus - Disney Day! After flag we had an amazing breakfast while we listened to classic Disney tunes. Morning chores were completed and then we were off to morning activities: ropes course, archery and don't forget everyone's favorite - the high swing! After a yummy lunch and rest period we were back at it with Disney music playing loud at Jewell! Some danced to the beat of "Lion King" while others painted their nails or hung out at the Owls Nest. At general swim all of the girls performed their favorite Disney song out on the floats. The energy was high and it was ton of fun!

After dinner we had a huge game of escape to freedom. Finally the Wavus song was sung and the flag was lowered. It was time for us to head to our cabins reminiscing about another amazing day here at Wavus, magical.

### **Day 19, August 9th - Alice Lazare**

Christmas in August! Today Wavus sang loud and spread Christmas cheer for all to hear! We said goodbye to many friends today, including the Junior Wavus campers and counselors, and Lauren and Aileen. Although we were sad to see them go, we sent them off with love and cheer, and we can't wait to see them back next summer!

While the JW parents were on campus, full session campers celebrated the morning with a pool party, hanging



out with all of the inflatable toys and snacking on apples! The weather was beautiful today, making our pool party absolutely perfect and cheerful. Afternoon activities included paddle boarding, an island swim, and zumba – everyone was active today!

We rounded out the day with an awesome EA, where each cabin competed against each other in Christmas-themed stations – making snowflakes, caroling, and decorating trees around campus. Today was filled with the kind of love you find at home on Christmas, just proving once again the kind of second home Wavus has become for many girls here! We are all so thankful for another safe and happy day here.

#### **Day 20, August 10 - Emma Howard & Caroline Wilson**

Hunger Games Day. We started the day off sleeping in until 8:30 and enjoying wild donuts as per Sunday tradition. Each cabin then spent the morning preparing for cabin inspections, and after an hour of cleaning the camp, headed to chapel where we sang songs such as the “Circle Game” and “This Land is Your Land.” We also had several campers including Lulu and Olivia from Cherokee, Sloane from Penobscot 2, and Grace from Mohawk read favorite poems as well as originals. The camp heard stories of times as campers from counselors Hannah “Dempsey” Schott and Lindy Perry. From there, campers returned to await inspections on their newly cleaned cabins. It was later announced at lunch that Allagash 1 had won the title of cleanest cabin.

As the camp gathered for lunch, girls with relatives at Kieve boated over to eat lunch there. Lunch marked

the beginning of a campus-wide game of assassin which consisted of each camper getting the name of a random target which they would need to hunt down and tag. This resulted in many girls meeting new campers and chasing them around for the afternoon. This game continued throughout the day and through many notable afternoon activities including slip and slide and a ping-pong tournament. By the end of dinner there were only 2 girls left standing: Quinn from Allagash 1 and Carter from Penobscot 2.

For the evening activity the cornucopia holding all of the survival gear for Hunger Games “exploded” and landed all over Wavus. The objective of the night was for each cabin to gather as many of these items as they could. However, the items were hidden and there were limited supplies. By the end of the hunt for supplies, Allagash 1 had collected the most gear followed by Penobscot 2. To end the night, Quinn and Carter battled to determine the winner of Wavus Assassin. They competed in a game of standing arm wrestling where they could not move their feet. After 2 rounds it was determined that Quinn was the overall winner.

From there we headed to flag and reflected on the lesson of the day to challenge oneself and leave one’s comfort zone. We had started the day with the quote “a ship is safe in its harbor, but that’s not what its built for.” Wavus is a place where each camper is challenged both in camp and on trips, and after a day of meeting new campers and embracing the theme, as well as intense activities, we thought this quote and lesson fit well.

## **Day 21, August 11 -**

### **Meredith Petralia**

Today was Indiana Jones Day. We started the day off with the crack of a whip and three bells. At Flag, I wanted to make sure that the girls thought about how important it is to keep trying and keep working hard when it seems impossible. Indiana Jones is not a superhero, but has an iron will that makes him unstoppable.

Breakfast was delicious as usual. For gathering circle at 9:15 a.m., we played a game of handball. The morning activities included pottery, woodworking, paddle boarding, tennis, riflery, and archery. At first G-swim, I wanted to make sure that the energy for the day was extremely high. I grabbed the mega phone and started "welcoming" everyone to G-swim. There were so many girls who were swimming and two cabins announced that they had received the super qual: PB 2 and Shawnee.

At the end of G-swim, I challenged everyone to get in the water at second G-swim and swim. The girls seemed extremely excited and I was looking forward to jumping in as well.

Lunch was great and skits for activities were very original and super fun. There was Dance in Andrews, Frisbee Golf, Waterfront Wiffleball, Tennis, Ropes, Tie Dye in Lower Jewell, and A Mystery Van activity to the Farmer's Market. Unfortunately, there was a light sun shower and thunder. Because of the thunder, we could not do second G-swim.

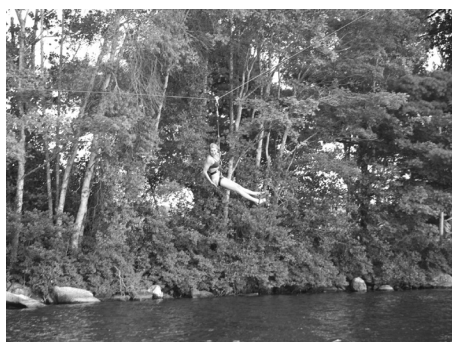
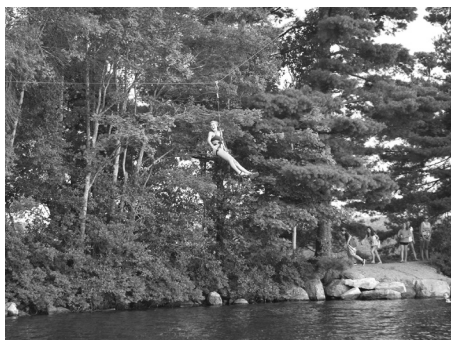
At dinner, we were able to show off the choreography from Dance and also announced that a salad had been made from the purchases at the Farmer's Market. EA was announced and the girls seemed tentative, but

somewhat excited, about the stations I had announced. I was nervous as well but when it started, the stations that I could see were received extremely well. There was laughter and cheering and all of the counselors who had volunteered to help run the stations were excited and getting into it and having fun with it as well.

There was the "Snake Pit" instead of the Peanut Butter Pit at the Ropes Course. The Haunted Tomb of An Dru in Andrews entailed three artifacts and riddle; pick the wrong item after reading the riddle and you would be cursed. Then the girls would advance to the sports field to beat the closing walls (mattresses controlled by counselors) by running one by one like a relay race and retrieving the beanie babies, or helpless animals, which needed to be saved before the walls shut on them.

The next station was Trivia on Jewell Porch that included questions pertaining to Wavus history, random knowledge, and also some Indiana Jones trivia. Next they were able to make their own treasure map as a cabin of anything they desired, in Jewell. At each station they were required to work as a team, a complete unit with Wavus' four pillars in mind, and work hard and work together with kindness and respect.

The sixth station was on the archery field and included knocking cups off of pedestals with precision and accuracy using tennis balls. Next they went to the Drumlin to learn how to crack a whip like Indiana Jones. After that, the girls went to the Red Fox to use their treasure hunting skills to locate 9 painted rocks. Last but not least, the girls were challenged on the sports field yet again by engaging their strength and leadership skills in a game of tug





of war against another cabin.

At flag, I thanked all of the girls and counselors for getting excited and engaging in each of the stations. They told me that they had a lot of fun and I had so much fun watching the activities. The happiness and laughter was absolutely electric tonight. I had so much fun today and I am so happy that everyone enjoyed it, hopefully as much as I did.

### **Day 22, August 12th - Val Hirschberg**

Greek Mythology Day. As the sun rose gloriously and the Goddesses of Wavus marched down to morning flag in their togas, we all knew that today was not just another amazing Wavus day but Greek Mythology Toga Tuesday!

After a delicious breakfast, a grape eating contest, and morning chores, we all gathered for a spirited game of "Name the Greek God/Goddess". We then shared a few of our favorite Greek stories and myths headed off to morning activities. From the ropes course to the tennis courts, Wavus was filled with enough friendship and spirit to even impress Zeus. In the afternoon, our Wavus goddesses enjoyed activities like Mythology Jeopardy and Toga Zumba before a filling dinner.

In the evening the real fun began. Having been assigned a Greek god/goddess, each cabin decorated a chariot (cardboard box) that they would enter in the Relay Race of the Gods. From Apollo to Ares and Poseidon to Ourea, each cabin showed their best decorating skills as the chariots paraded around the sunscape. Afterwards, all the goddesses gathered for an intense and riveting relay race. The competition was fierce, and although only one Chariot (cabin) could come first, we

knew that were all winners with the new fond memories we had made and laughs we shared.

### **Day 23, August 13 - Meredith Petralia**

Dice Day. This morning, Alice Lazare raised the flag with a reminder to the girls that there were only a few days of camp left in the session; be appreciative of every detail of today and the rest of their time here. At breakfast, Long Voyage 1 did their entrance which was received with great enthusiasm.

After breakfast, duties were performed and then activities began as usual at 9:30 a.m. The activities offered included Wavus Waves at the Waterfront, Kayaking, Tennis, Arts and Crafts at the Owl's Nest, Pottery in Andrews, and Sailing at the Docks. After a fun-filled morning of slightly rainy activities, we had mandatory G-swim, and although sort of dim outside, we, of course, were able to have so much fun on the water.

After drying off and adding some layers, the girls went inside Jewell to enjoy some delicious bread bowls made by our amazing Kitchen Staff!

The skits then commenced after everyone was finished eating and the activities started after rest hour. They included Fort Building in Andrews Hall, Book Reading in Jewell, Board Games and Fir Building in the Jewell, a Tea and Hot Chocolate Making Party in Jewell as well, Wet Zumba on the tables at the Sunscape, Shanagans, Woodworking, Bracelet Making and Nail Painting on the Jewell Porch, and Arts and Crafts in the Owl's Nest. Although most activities were inside due to the rain, there was music, comfort, and excitement all over campus.

After an amazing dinner, we listened closely to Zoe Nahatis, who was in charge of Evening Activity, for our skit assignments. For the skits, we had about a half an hour to plan until 7:15 p.m. Then we gathered in the Jewell and performed our skits for each other. The themes were Western Sponge Bob, Frozen Opera, Broadway Musical Finding Nemo, Three Little Pigs Rap, Lion King as a silent film, Action Adventure Cinderella, a tragedy version of High School Musical, a love story between a table and a chair, a comedy about a quiche, Dora the Explorer Underwater, Backcountry Cooking Show, Commercial for something found in the cabin, a scene from The Parent Trap as cats, and zombies at Christmas. Each cabin performed and it was a very creative and comedic night. Another successful day at Wavus completed.

#### **Day 24, August 14 - Shannon Oleynik and Lindsay DeMuth**

Fireworks and Jewellianos. Today was qual day and we woke up to another beautiful morning at Wavus. We raised the flag with the quotation "carpe diem" (seize the day) in mind. All the girls were encouraged to make the most of their second-to-last day at camp and try to earn as many quals as possible. The morning activity periods consisted of girls running around to different activities trying to earn quals. The aqua zip and the ropes course were particularly popular as girls were trying to earn their star belayer and monkey award qual. After morning activities, we all headed to G swim to cool off after a hot morning.

After departing from lunch and skits, the campers headed back to their cabins for rest hour and prepared for

the afternoon activities. We reconvened at 2:15 at the sunscape and the girls grabbed a snack from Jewell. Everyone chatted and relaxed until the 2:30 start of activities. The afternoon activities ranged from Disney jeopardy to slip n slide to zumba, one of the most popular activities. I saw smiles and laughter at every activity I visited, as the girls knew it was one of the last chances they would be able to enjoy Wavus this summer.

At 4:45, almost the entire camp was in the lake at g-swim. After g-swim, the girls headed back to their cabins and got ready for Jewellianos. We rearranged the tables into a large circle, with Maine Trails in the center, and added tablecloths. Maine Trails' arrival in a cop car added to the excitement of the evening, and the girls were happy to see their friends and sisters. The spaghetti with meatballs and garlic bread were delicious and we ended the dinner with a dance party.

Each cabin then went to their respective council fires to discuss their trips with older and younger cabins that will be doing their trip in the coming years. We departed for fireworks in busses and vans and enjoyed a great firework show at Kieve.

#### **Day 25, August 15-Cullen LaPointe**

This was the last full day of camp, so the theme of the day was Quichees verses Rangers. Because it was the last day, the quotes read at flag were meant to promote enjoying the day and friendships to the fullest.

During breakfast a film reporting on the Quichee problem that has been running rampant throughout camp was shown. The film starred many of the directors, campers and counselors, and of course the dreaded and terrifying

Quichee itself. After this everyone returned to their cabins to start the packing and cleaning process.

After lunch and rest hour the rules of Color Wars 2014 were explained to the campers and counselors. Then the games began. After 2 hours of intense defensive and offensive strategies and attacks and multiple thrilling captures of the flag, the game was called to a halt. The victors were the Rangers with a whopping 39 points while the quichees were close behind with 33.

After the game campers returned to the cabins to prepare for closing council fire and the slideshow. Following the slideshow we ate and then walked as a camp to the flag to take it down. The counselors sang "Home" to the campers and then we went to the council fire to assign rays of the totem to each cabin and award blankets and paddles to the Voyage cabins. The Trails girls then gave their speeches and we sent off our boats with rays of the totem to meet us at home the following day.





# Trip Notes - Session 1

## Junior Wavus Responsibility

### Hog Island and Snowgoose

July 6th

Our day started bright and early as Junior Wavus woke up from a sleepover on the soccer field. For many girls, sleeping in tents was a new and exciting experience. After packing up the vans and enjoying a special Sunday breakfast of wild donuts, we made our way over to the Bremen landing. Once at Bremen, the girls unpacked their gear and enjoyed playing on the beautiful deck overlooking the Muscongus Bay.

After lunch at the landing, Captain Bill picked us up on the Snowgoose and brought us to beautiful Hog Island. We headed straight to the rocky beach where the girls enjoyed wading in the water, searching for seashells, and even building a “periwinkle sanctuary.” After exploring the beach, we met up with Muscongus Matt, who let us hold hermit crabs and periwinkles in the touch tanks. We all had fun holding the animals, and we even ended up singing the Wavus song to the periwinkles to coax them out of their shells.

We spent some more time enjoying the beautiful beach before it was time to set up camp and start cooking a hearty dinner with the other Junior Wavus cabins, Respect and Courage. After dinner all the girls put on long pants and bug spray and trekked out onto the trails to find firewood and S’mores sticks. Muscongus Matt showed the girls how to make a camp fire, and we all roasted marshmallows on the beach. By the end of this great day we were all exhausted and fell right asleep in our tents.



## **July 7th**

Everyone woke from a peaceful night's sleep in our tents; we packed up all of our bags and our tents and got ourselves ready for a fun morning on the Snowgoose (after a yummy breakfast of S&M pancakes, of course). We helped haul up lobster traps, some of our lobsters were too small to keep, so we threw them back into the bay, but only after the girls took turns holding them! We kept a few of the lobsters to put in the touch tank on Hog Island. On our way around the bay we also got to see harbor seals resting on an island—so much fun! Next, we anchored the Snowgoose and began a very exciting part of the day—jumping off the top of the boat into the bay! The water was chilly, but most of us jumped off anyway and had such a great time. After our time swimming around the boat, we headed back to Bremen for lunch and packed up. We were all exhausted, but happy with our time at Hog Island and on the Snowgoose. Some girls even fell asleep during the car ride back, but we woke them up for a special surprise of ice cream at Jefferson Scoop before returning to camp in time for G Swim.

Ruth Solow, HBC

## **Junior Wavus Respect**

### **Hog Island**

## **July 6th**

Junior Wavus Respect's trip was an overnight to the beautiful Hog Island. On Sunday, July 6, we woke up from our primer – an overnight in the soccer field – excited and ready to pack up to head to the island! After a few days of thunderstorms, we were lucky enough to have sunny and warm weather the whole trip. After the short drive to Bremen, we ate lunch on the dock

before heading over to Hog Island on the Snowgoose III lobster boat!

Once we arrived at Hog Island and set up our tents, Muscongeus Matt gave us a great tour! We walked along the beach; saw different animals like lion's mane jellyfish, green crabs and the very intriguing edible sea fleas (also known as flying shrimp)! After that, Matt took us to a touch tank, where the girls got to touch small fish, a starfish, hermit crabs and a large crab named Steve. Finally, we watched a live streaming of an active osprey nest on Hog Island. When we watched, we were able to see the mother osprey and her three young chicks! Many of the girls commented on how much fun it was to touch and pick up the animals, and to see the young osprey chicks.

After Muscongeus Matt's tour, Respect put our bathing suits on and hopped in the Snowgoose with Captain Bill and first-mate Meghan! On the Snowgoose, we took a ride and passed some sun tanning seals! It was so nice that Captain Bill stopped the boat and the girls were all able to go swimming! The water was cold, but that didn't stop every single one of the girls from jumping off the top of the boat into the ocean. The girls loved talking with Captain Bill about lobstering, and playing with Captain Bill's dog Blizzard – on and off the boat!

After our trip in the Snowgoose, we grilled hamburgers for dinner and roasted marshmallows for s'mores around a campfire. Right before bed, we headed down to the dock to see bioluminescent bacteria. The girls had a great time star gazing and playing different games in the moonlight.

## **July 7th**

In the morning, the girls packed up their tents and ate a delicious breakfast



of S&M pancakes and fruit. That day, we explored Hog Island a little more as a cabin before putting on our bathing suits and sunscreen and enjoying a beach day! The girls played on the beach, swam in the ocean and during high tide, jumped off the dock.

Later in the afternoon, we gathered all our gear back onto the Snowgoose and boated over to Bremen where we enjoyed a great lunch of sandwiches, Nutrigrain bars, carrots and hummus. Soon after lunch, we packed up the vans and headed out for the last stop on our trip: ice cream at J-Scoop!

While this was a short trip, it was clear that the girls really enjoyed and learned a lot during both the primer and our time at Hog Island. For some girls, it was their first time sleeping in tents and for others, it was their first time putting and taking down the tents. Even beyond the tenting aspect, it was clear that girls gained lots of valuable skills that will only continue to expand and improve during their time at Wavus! Leah Dawson, HBC



## **Junior Wavus Courage Hog Island July 6th**

The girls of Courage woke up early - at 6 a.m.! From our primer on the soccer field we went to pack up tents and personal gear before breakfast. The girls all did a great job getting their things together and helping get us all packed up! After an exciting Sunday doughnut breakfast, we got in the van to drive and sing our way to Bremen Landing, where we met Captain Bill and First-Mate Meghan on the Snowgoose III. We spent the morning on the lobster boat, where we saw seals, bald eagles, cormorants and loons. The girls (and the counselors!)





got the chance to jump off the top of the boat and go for a bit of a swim. The girls encouraged each other to jump off even if they were a bit wary of the cold ocean water - it was 56 degrees!

After disembarking the Snowgoose at Bremen, we ate our lunch and prepared to kayak over to Hog Island, where we would spend the night. It was a long paddle against the wind and the current, but the girls persevered and made it to the island - a big accomplishment! We took a much-appreciated snack break to introduce the girls to GORP before setting up our campsite and having some time to play games and relax before dinner.

After dinner Muscongus Matt helped us build a fire on the beach and we searched for roasting sticks to make S'mores. The girls enjoyed roasting (or burning!) their marshmallows over the fire and worked to perfect their S'mores making skills. After getting all ready for bed we went down to the dock to watch the stars come out and try to see some bioluminescent bacteria in the ocean water. We were rewarded for our patience; as the night got darker we made the water light up just by touching it - a highlight of the day for a lot of the girls!

### July 7th

Courage cabin was able to wake up a bit slower this morning; we laid and talked in our tents and listened to the island (and the other cabins) wake up around us before getting up and packing ourselves. The girls packed their gear and tents while the counselors prepared S&M (the Wavus version of M&Ms) pancakes for breakfast.

After eating and cleaning up we met up with Muscongus Matt for a walk around the island. He took us to



explore the intertidal zone and the girls hunted for periwinkles and tried some edible plants that Matt showed us.

After our walk we loaded our gear onto the Snowgoose so it could be ferried back to Bremen Landing while we made the kayak trip back. This time the tide and the wind were working in our favor, and we had an easier, fun paddle over - except for counselor Kat, who ended up in the water! We had lunch back at Bremen Landing and a lot of the girls were adventurous and tried Sun Butter for the first time. After packing all the gear in our van we drove and sang back to Wavus - and of course no trip would be complete without a stop at J Scoop on the way home!

Jessi Panico, HBC

### **Algonquin Snowgoose July 4th**

We woke up to a cloudy day; however, this did not dampen our spirits for the Fourth of July! Once we arrived at Bremen, we were greeted by Captain Bill and his first mate, Megan. After fitting all of the life jackets and applying everyone's sunscreen, we took off into Muscongus Bay. The sun began to peek out through the clouds as we passed by Hog Island. As Captain Bill drove us through the bay, we spotted some seals lying out on the rocks! We then pulled up 5 lobster traps! Unfortunately the traps were either empty or the lobsters were too small so we had to throw them back into the ocean. After the lobster traps, the clouds took over the sky and we started fishing!

As the rain started to fall everyone remained positive and five girls caught fish! We headed closer to shore and anchored just off of Hog Island and

the girls scrambled to get their bathing suits on, climbed to the top of the boat and jumped in to the cold ocean water!

Everyone had a wonderful day jumping into the water and learning how to fish and pull up lobster traps!

Lauren Geddes, HBC

### **Hog Island June 30th**

The Algonquin girls piled in the van for their first overnight trip to Hog Island on the sunny Monday morning, all smiles and ready for the new experience. On the way to Hog Island, we stopped at the Pemaquid Point Lighthouse and climbed to the top of the lighthouse to look out at the beautiful landscape. We got back in the van and soon arrived at Bremen Landing, where we had lunch on the deck overlooking the ocean. Shortly after we started putting sandwiches together, Matt greeted us and brought all our gear to the island. A few of the girls wanted to kayak the short crossing, while the rest of the group was eager to take the motorboat across with Matt.

After stepping onto the beautiful coast of Hog Island, we immediately set up our camp at a grassing clearing a short ways down a path from the dock. The campsite overlooked a small cove full of rocks and shells that the girls loved to play with. Once set up, Matt took the girls to the dock to jump off a ledge about 10 feet high. The girls eventually convinced Matt to go diaper diving with them - putting the life jacket around their legs to look like a diaper- and almost all the girls jumped in again and again. The girls then split up - a group went to explore the touch tank and the others went to explore





the shoreline. Matt showed the girls different types of snails and seaweed, and even cooked some of the mussels the girls found. We made pita pizzas for dinner and then made a campfire and had s'mores.

### **July 1st**

We woke up bright and early to another beautifully sunny day. After quickly packing away our campsite and carrying everything down to the docks, we sat down for a big breakfast of S&M pancakes.

After everyone was covered in sunscreen and water bottles were filled, we set off on our short hike to Indian Cove. Upon arriving at the cove we explored the beach and the rock pools, collecting sea glass and other cool shells and rocks before enjoying the wonderful view. Once we had finished looking around the cove we walked back to the dock where Matt was waiting to take us back to Bremen. After a quick lunch on the dock we jumped in the van and drove back to Wavus stopping off at J-scoop for some ice cream.

Overall the trip was a big success and everyone had an awesome time!

Lauren Geddes, HBC

## **Camden Hills**

### **July 9th**

We arrived at our campsite in glorious sunshine. After a quick lunch we packed up our daypacks and headed towards our first hike. Mount Battie! We made great time hiking up with some awesome teamwork, helping each other up the mountain. The ascent was gradual and only took us one hour to climb.

Upon arrival at the top of Mount Battie, the view was phenomenal and we spent plenty of time playing on

top of the mountain and climbing the tower to get a better look at the harbor below.

The girls had an awesome time and for most of them this was their first ever mountain. When we arrived back at camp, we all played on the grass near our campsite and explored the play area at the bottom of the hill.

### **July 10th**

We woke up bright and early at 4:30 a.m. to catch the sunrise! We went and sat on the rocky beach in silence while everyone watched the beautiful scenery change around them. After we caught the best of the sunrise, we quietly walked back to the campsite where the girls had free time. A couple of hours later and after breakfast had been eaten, we prepared ourselves for the hardest hike to come. Mount Megunticook. This was a greater challenge for the cabin but with lots of encouragement from each other and scrambling up some steep parts of the trail, we got to the ocean view at the top of the mountain and we were shocked by the outstanding view. We could even see where we had been on top of Mount Battie the previous day! We ate lunch and relaxed for a short time before quickly heading back down.

Upon returning to camp we relaxed for a couple of hours before heading down to the rocky beach, following the shoreline trail. We collected rocks, looked for any creatures and played games. Everyone was tired after waking up so early and doing two hikes in one day so we had a quick dinner and an early night!

### **July 11th**

Our final day and the weather remained wonderful for us! We woke up early and quickly packed away our campsite and jumped in the van. Today

we were hiking Maiden Cliffs! The girls were so confident hiking this trail after our two previous hikes and we got to the top in under an hour! We sat and soaked up the views of the surrounding lakes and ocean whilst eating the blueberries that grew at the top! We headed down, the girls showing great team work by communicating to each other where it was safe to step and where it was not safe to step. After a quick descent we piled back into the van and headed back to Wavus.

The trip was big success and everyone had so much fun!

Lauren Geddes, HBC

## **Mohawk Cool Island June 30th**

After breakfast at Wavus we headed to the Harriet House at Kieve where Julie met up with us to help unload canoes and gear. We loaded group and individual gear into canoes, put the canoes in the lake, and then paddled to Cool Island. Some of the girls struggled with paddling at first, but with directions from their counselors and encouragement from their canoe partners, their paddle strokes got better and stronger as we went along. It took us about half an hour to reach the island, and when we got there we tied up our boats to trees on the shore with the intention of going for an afternoon paddle.

Maeve and Hannah gave the girls a how-to-set-up-tents tutorial, and the girls split up into groups of four to put the other three tents up. The counselors walked around to help, but the girls did the majority of the work themselves. The girls played Poison Dart Frog until lunch was ready, and after lunch they learned how to wash their bowls. They

had a competition to see who could make up the most creative dance move while air drying their bowls.

We then put our sunscreen on and headed on the water for an afternoon paddle. The girls really looked like they were getting the hang of it. We canoed a short way across from Cool Island to another property owned by Kieve-Wavus. We tied up the canoes to the dock and the girls jumped in the lake and swam a bit to cool off. After paddling back to Cool Island, the girls played Mafia, more Poison Dart Frog, and then gathered sticks for a fire. They learned how to make a fire and also got to see how a Katadyn Hiker was used to purify lake water for drinking. After dinner we cleaned up, got more sticks for the fire, and had s'mores. We were lucky enough to have Julie, Hannah, and Alex Danz join us for the treat! We ended the night with Rose, Bud, Thorn by the fire. It was a great first day!

## **July 1st**

We got an early start to the morning and started packing up camp while breakfast was starting to be cooked. After breakfast and cleaning up, we started loading up canoes with gear and canoed back to the Harriet House where we put in the day before. We then loaded up the canoe trailer with our gear and canoes, and we drove up to Kieve's main campus and headed to the Buck building to start our rock climbing adventure! Most of the girls loved climbing, and even though not all of them made it to the top of the wall to ring the bell, they encouraged one another and supported the challenge by choice principle. After climbing we had a quick lunch and ended our trip with a stop at J-Scoop!

Beth Lebel, HBC





## **Mt. Blue State Park**

### **July 6th**

We left Wavus around 10 a.m. and headed to Weld, Maine to Mt. Blue State Park. On the way, we took a short tour through Farmington where Beth went to school. We arrived at the ranger's station a little after 1:00 p.m. where we checked in to our campsite and looked at the recent weather report for our three-day stay. When we got to our campsite, we ate lunch and, since our site was within walking distance to the Mt. Blue trailhead, Mt. Blue was our first hike of our trip.

The weather was cloudy at first, but then it was sunny the rest of the day. Although Mt. Blue is only 1.6 miles to the summit, the terrain proved to be pretty steep, and the girls found it challenging especially because we had been sitting in a car driving for two hours. They felt it was a little tough to get their legs moving again. We started our hike a little after 2:00 p.m. and on our hike we crossed a couple of little streams. The girls were really good at communicating with their cabin mates hiking behind them; they gave useful information like if a rock was slippery or unstable.

A lot of the girls really enjoyed the bouldering as we got closer to the summit, and we reached the summit a few minutes after 4:00 p.m. After taking in the views from the fire tower, as well as a GORP and water break, we were back on the trail and on our way down by 4:45 p.m. The climb down was a little more of a challenge than we thought it was going to be. At some points it was hard to go at a slow and steady pace down the mountain and giving the girl in front enough space. But they stayed strong and trekked on, and they encouraged their cabin mates until we

reached the trailhead once again at the bottom of the mountain. We drove to the Webb Lake beach, where the girls waded around in the lake while dinner cooked, and we enjoyed dinner underneath a lean-to with a view of the beach and mountains in the distance. After the girls helped with the dishes, we headed back to our campsite. We saw a baby moose on the drive back! It was a great way to end the day.

### **July 7th**

We woke up by 7:30 a.m. and after breakfast we dispersed lunch items throughout the girls' day packs for our lunch. Today was our Tumbledown Mountain hike! We were on the Brook Trail by 10 a.m. and within the first few minutes the girls got into a steady hiking groove. Once again the girls were really good about communicating any unstable or slippery rocks, and they lent a hand to one another while crossing two small waterfalls. The bouldering was found to be so much fun and led us to the top. We summited at the end of the Brook Trail at Tumbledown Pond by 11:45 a.m. The girls cruised up that mountain!

They enjoyed a nice break at the top with lunch, GORP, an "island swim" to the island in the middle of the pond, as well as observing and trying to catch little fish with their hands that were swimming in a shallow pool of the lake. Some girls were daring enough to put their fingers in around the fish, which the fish thought was food, so their fingers got nibbled by these baby fish with no teeth! After the hike down, some of the girls told us they felt the bouldering on Tumbledown was good preparation for the bouldering they'll have to do on next year's trip when they climb Mt. Washington.

We returned to Webb Beach at Mt.

Blue State Park for some swimming, “splash ball” with a nerf football Charlie found in a bush, and playing on the nearby playground. Pita pizzas were cooked over the fire, and dessert and clean-up followed. On our way back to our campsite, we saw another moose! And when we returned to our campsite, it was headlamp time in the tents for a while and then it was early to sleep.

### **July 8th**

We woke the girls up telling them that for our hike today they would need bathing suits on underneath their quick dry clothes and Keens or flip flops on their feet. After a handful of “Wait, we don’t need our hiking boots?” we insisted today’s hike was a “short” hike. After breakfast and packing up tents and gear, we headed to Smalls Falls, just past the town of Madrid on the way to Rangeley. On our drive, we saw a porcupine perusing on the grass on the side of the road!

When we got to Smalls Falls a little after 10 a.m., we couldn’t convince the girls that they were going on a hike anymore, and as soon as they saw the waterfall, hearing their gasps of amazement was awesome. They thought it was so cool that they were going to be swimming in a waterfall. We had 100% participation in the water, all campers and counselors, and everyone also dunked their head in the water. The girls had a blast on a mini two-foot waterslide into a small pool of water, and to the side of that there was another small pool of water which they named the “hot tub” because the water was much warmer than any other pool. We ate lunch around noon time and then headed back to Wavus, completing our trip with a stop at J-Scoop on the way! Beth Lebel, HBC

## **Cheyenne**

### **Damariscotta Lake**

### **June 28th**

Today we arrived at Kieve and paddled almost a mile to Cool Island. For many of the girls this was their first time ever paddling. However, the girls got the hang of it, even in windy conditions, and successfully paddled around Kieve-Wavus property on Damariscotta Lake. Cheyenne was lucky to have many campers with camping experience who were eager to teach others how to set up a tent.

Once everyone was settled on the island, we learned the Leave No Trace (LNT) Wilderness Ethics through skits performed by the girls. Each pair was assigned a principle and made a skit for the do’s and don’ts while practicing LNT. The skits not only effectively demonstrated the guidelines of LNT but they also proved to be extremely comedic and creative.

After the Leave No Trace skits, we held a “canoe clinic” in order to practice our canoeing strokes which noticeably improved their steering and paddling for our trip back to Kieve. When not paddling, the girls were given a chance to learn about and pump water from The Katadyn which is a water purification and filtration system that is used on many Wavus trips. We all went for a swim and enjoyed the perfect weather before heading back to Cool Island for the night. The rest of the night was spent eating pizza made on the fire, making s’mores, and sitting around the fire.

### **June 29th**

We had an early start the second day but it was hardly noticed because the sun was shining and S & M pancakes were served. Everyone worked well together to disassemble camp and clean

up. After loading the canoes we headed back to Kieve to rock climb at The Buck--Kieve's indoor rock climbing building. Nearly all of the girls received qualifications while climbing including one that involves jumping to hit a target while blindfolded. After hours of challenging themselves rock climbing wall we drove back to Wavus, a perfect end to a perfect trip. Sam Hall, HBC

## **Mt. Blue State Park**

### **July 2nd**

We left Wavus at 10:30 a.m. and made our way to Mt. Blue State Park. When we arrived, we made lunch in the sweltering heat and set up camp. As we set up tents, clouds began to roll in so we reviewed thunder and lightning protocol within our tents. We relaxed in our tents for two hours so as to avoid rain and thunder. We went on a nature walk within Mt. Blue State Park that went around Webb Lake until it began to rain. We headed back to the campsite and made dinner by the lake and ended the evening with a review of our Tumbledown Mountain hike for the following day.

### **July 3rd**

We woke up to a light rain and got a later start to the day than originally planned. We ate breakfast by Webb Lake and loaded the vans and headed off to the base of Tumbledown Mountain. We embarked on the Brook Trail, which was 1.8 miles long, and reached the summit of the mountain about two hours later. It was beautiful and we were able to see Webb Lake from the top. The top of Tumbledown has a beautiful pond and many of the girls went swimming.

After relaxing and swimming at the top we started our descent. Luckily we all made it to the bottom without

tumbling down. We headed back to camp and swam again in Webb Lake. We hung out at the beach for the rest of the night and then headed to bed early to prepare for our hike in the morning.

### **July 4th**

We woke up at 7 a.m. and began to pack up camp. The weather was not very nice; it was overcast and rainy. Our girls were troopers and packed all personal belongings and took down all the tents very quickly. We then put all the gear in the van and headed over to the Mt. Blue trailhead for our last hike of the trip. The trail was 1.6 miles of a steep incline. Because of the rain, the rocks were very slippery so we took our time climbing up. The girls were very encouraging and pushed each other to keep trekking up the mountain. It took the girls just under two hours to reach the top.

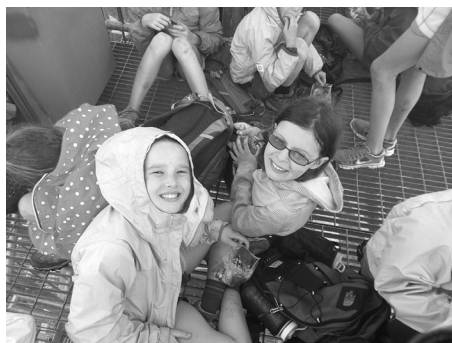
Once we got to the top, there was a tower that we climbed up so we could get a better view. However, because of the weather, we were in a cloud and couldn't see very much. Despite that, the girls enjoyed being at the top and the feeling of accomplishment. We took our time climbing down, put our backpacks back in the van and headed back to Wavus! Sam Hall, HBC

## **Snowgoose**

### **July 11th**

The Snow Goose, a lobstering boat, is one of the few opportunities for the girls to be on trip but also have a relaxing time. We left Wavus in the morning, and arrived at Bremen Landing around 10 a.m. where we met Captain Bill and his deck hand Meg Kennedy. After quickly applying sunscreen and finding each girl a life jacket, we stepped aboard the Snow Goose. At first we lingered





in Muscongus Bay pointing out and naming several different islands, we even spotted an eagle's nest on Hog Island where many of the girls stayed on as Junior Wavus campers. Then each girl had a hand in pulling up lobster traps, the work was messy and some of the traps were tangled and difficult to pull up, but everyone really enjoyed the achievement of being able to see a live lobster within the traps.

Meg gave a short lesson explaining the difference between male and female lobsters, as well as how to know when a lobster was ready to be caught and when it had to be thrown back into the ocean. After we examined several lobsters and determined that only one was large enough to keep, we went farther out into more open water to try fishing. Our first fishing spot proved unsuccessful but at least 5 fish were caught at the second spot. Once everyone had enough of catch and release, Captain Bill found a sunny area between two islands for the girls to have the choice of plunging into the cold Atlantic. Surprisingly, almost the entire cabin went swimming, and all who did go jumped from the top of the Snow Goose, which is at least an eight foot drop into the water! After a few hours, of jumping off the boat, Captain Bill pulled up anchor and brought us back to Bremen. The girls were exhausted from all the sun and swimming, but still enjoyed their trip thoroughly.

Sam Hall, HBC

## **Cayuga Cabin**

### **Hog Island**

**June 27th**

Cayuga had a terrific time on Hog Island. We started our trip by heading to see the lighthouse on Pemaquid Point. Unfortunately, a tree had fallen

over and taken down electrical wires, blocking the road. We decided to try again later and instead went to the Rachel Carson tidal pools. The girls cooled off in the water and searched for crabs in the seaweed.

After a little while, we decided to head to Bremen Point. Muscongus Matt met us there and helped us unload our things. Then we took kayaks and headed over to Hog Island. Once we got there, we were instantly greeted by some not-so-friendly red squirrels, who proved to be both noisy and slightly terrifying. Muscongus Matt then took us on an amazing nature hike around Hog Island, stopping to show us some different tidal pools and different plants. The girls got to try a few different things - they even ate tried some bugs!

Once we got back to camp, we set up our tents and the girls bravely took a swim in the freezing water! After that, we explored the touch tanks (the girls held hermit crabs) and we got to see the osprey nest with four recently hatched chicks. After a great evening of playing different games and preparing dinner, we sat around a bonfire sharing stories and looking at the beautiful night sky.

**June 28th**

The next day, we got an early start and decided to try heading to Pemaquid Point again. We stopped at the lighthouse for a few hours - the girls got to visit the top, and then we walked along the rocks and had a picnic lunch. We had a great trip back to camp and the girls are so excited to head out on our White Mountains trip in a few days!

Ana Schavoi, HBC





## **White Mountains**

### **July 2nd**

The first day of our trip was spent driving to Gorham, New Hampshire and setting up at the Dolly Copp campsite. After our tarp and tents were set up, we explored the campsite and found a few streams to cool off in - it was so hot! Unfortunately, there was some rain later in the afternoon, so we crowded in our tents and played cards and other games until dinnertime.

### **July 3rd**

We were up bright and early (4:50 a.m.!) to hike Mt. Washington! We had a quick breakfast and were on the trail by 6 a.m. Although it was a pretty challenging hike, the girls stayed positive and encouraged each other all the way up and down the mountain. We had lunch and took a ton of photos on the top. When we got back to our campsite, everyone was pretty wiped out, so we had some down time in our tents reading and playing card games until dinner.

### **July 4th**

So unfortunately today we woke up to some heavy rain that prevented us from going on our planned hike. We decided to pile in the van and explore Gorham and maybe see if we could find a museum to go to. Instead we ended up finding a few scenic lookout points and a cool covered bridge. By this time it had stopped raining, so we decided to check out the Glenn Ellis Falls that the girls totally loved. Then we headed up part of the Glenn Boulder Trail and checked out other smaller waterfalls and found some salamanders!

### **July 5th**

Today we woke up to more rain but still tried to hike Blueberry Mountain Trail. It was pretty slippery and cold so we decided to turn around and

head back to camp. After we got back to camp and had some lunch, we decided to brave the rain and go on a "Mystery Tour" around our campsite. We found several cool trails that we hiked and pools that the girls swam in even though the water was absolutely freezing!

### **July 6th**

Our last day of trip was jam packed - we woke up extra early to pack up our campsite and then we headed off to the Emerald Pools (which the girls had been talking about since the first day of trip). We finally had perfect swimming weather - the sun was out and the sky was blue! We spent a few hours swimming at Emerald Pools and then hit the road! We got back to Wav in the late afternoon and unpacked. We had a great trip but I think the girls are definitely excited to be back!

Ana Schavoir, HBC

## **Snowgoose**

### **July 15**

Cayuga had a great time on the Snowgoose today! Unfortunately it was pretty rainy and foggy this morning on our drive there, and the water was a little rough but the girls still had a great time - we pulled up several lobster traps and got to hold a few huge lobsters! We learned how the traps worked and also how to tell a female from a male lobster. It was so cool! We also spotted some seals and a porpoise!

After that, the girls decided to try fishing - in total, they caught thirty-one fish! They had such a good time. After that, we headed back to Bremen to stop for a lunch break. Despite the weather not clearing up, the girls were still so excited to get back on the boat and jump off the top of the Snowgoose into

the freezing ocean. Because of how cold it was, we only expected the girls to be in the water for a few minutes each, but they stayed in the water for hours! After they finished swimming and warmed up, we decided to celebrate the end of a great day with a trip to JScoop! Ana Schavoir, HBC

## **Cherokee White Mountains July 7th**

We headed out for our White Mountain adventure after breakfast at Wavus. We pumped some jams during the car ride to get excited for the next few days. Once we got to our campsite, we set up our tents and then headed to Pinkham Notch Visitor Center at the base of Mount Washington to check out the 3D map and make sure the weather would be good for our big hike the next day.



## **July 8th**

Cherokee woke up super early to hike Mount Washington this morning! We got on the trail at 6:30 and started up Tuckerman's Ravine Trail to Lion's Head Trail. At the top, we quickly took a picture with the summit sign and then had lunch in the lodge. We soon headed back down in order to beat the weather. Everyone was incredibly proud of themselves for successfully summiting the tallest mountain on the East Coast!

## **July 9th**

We had a leisurely morning today so we slept in. After breakfast, everyone hopped in the van and we headed to Emerald Pools, a swimming hole with natural waterslides and a great place to jump into the frigid, green water. We spent the day relaxing, swimming, and enjoying the beautiful weather and scenery. We headed back to the campsite for dinner and a campfire!





### **July 10th**

Today Cherokee enjoyed hiking Blueberry Mountain, aptly named for the patches of delicious blueberries at the summit! The weather was perfect today and we spent some extra time at the top picking blueberries and performing skits before heading down. After our hike we enjoyed some more natural waterslides near the base of Mt. Washington. We had s'mores with our campfire to celebrate our amazing trip.

### **July 11th**

This morning we woke up and packed our gear and tents into the trailer. The car ride back to Wavus involved a lot of singing and laughter which made the long ride from New Hampshire (via J-Scoop of course) much more bearable. Overall, Cherokee had an incredible time in the White Mountains!

Alice Lazare, HBC



## **Narragansett**

### **Snowgoose**

#### **July 2nd**

The "Gansett girls" awoke at 7:15 to finish packing up necessities for our day on the Snowgoose lobster boat! After a quick breakfast the girls hopped into the van for a short 30-minute drive to Bremen. Once at our destination we met Captain Bill, his first mate, Megan and Blizzard, the boat dog. We began pulling up lobster traps, which revealed multiple lobsters and one large crab! The girls took special interest in examining the lobsters and learning a few new facts about the crustaceans!

Next, we headed to some rough waters to find a premium fishing area. All 12 girls cast their rods and in no time we had our first bite! Multiple girls caught pollock and we captured some





pretty awesome moments on camera.

After fishing was completed, we headed back to calmer water for lunch. For the duration of lunch it was getting hot so the girls took to the waters to cool down. Many girls jumped from the top of the boat, while others soaked up the sun on the bow of the boat. While jumping, we spotted a large jellyfish that drifted by! To dry off, the girls lounged in the sun to tell jokes and to give and receive some back rubs. As the day winded down, the girls became gigglier as we headed to dock. Once back on land, we packed the van said our goodbyes and headed back to Wavus! Many fell asleep from the action packed day on the ocean! We are all looking forward to our Hog Island trip.

Katie Lehmann, HBC

## **Hog Island**

### **July 5th**

The cabin awoke to a dreary rain and quickly ate breakfast, then hopped onto the van to head off to Muscongus Bay. While still in the rain, we jumped aboard the Snowgoose to hitch a ride over to Hog Island. Once on the island we unloaded our belongings while Muscongus Matt made a fire for us. As the rain dissipated, we all played a few rounds of Mafia before eating a satisfying lunch.

After the rain had stopped altogether the Narragansett girls went out to explore the island! Matt showed the girls many edible flora and fauna, such as sea blithe and sand fleas, which we dubbed as nature's pop rocks. Once back from our wet walk, some of the girls jumped into the bay while others checked out the touch pools, which housed many crabs and snails.

After a bit of gymnastics and Frisbee in the sunshine, dinner and candy

were served. When the skies became dark enough, the whole cabin headed down to the dock to see bioluminescent phytoplankton in the bay! With tired bodies, we settled in for a night of rest!

### **July 6th**

After a leisurely wake up and a scrumptious breakfast, the Narragansett girls took to the ocean beach for some more exploration of the intertidal zone. It was then time to head back to the mainland where we ate some lunch and then were on our way to J-Scoop before heading home to Wavus! We are all looking forward to our big trip in the White Mountains!

Katie Lehmann, HBC

## **White Mountains**

### **July 12th**

After a bit of a delayed start from Wavus, the "Gansett Girls" were off to their next adventure in the White Mountains of New Hampshire. Once we arrived at the Dolly Copp campground, the girls quickly set up their tents, ate lunch and strapped up their shoes for a hike on the Imp Trail. The counselors were surprised with delight to find our campers were the speediest of hikers! After about two hours of hiking, we made our way back to the campsite to start a fire and eat some dinner. It is off to bed early, for tomorrow we take on Mount Washington bright and early!

### **July 13th**

After an early start and breakfast we were on the Tuckerman Ravine trail by 5:30 after spotting a moose on the drive to the visitor center. A challenging hike to the summit of Mount Washington, we ate an early lunch, bought some stickers and took photos with the wind nearly knocking us off our feet! We



began our trek back down the Lion's Head Trail, which revealed beautiful views of the Mount Washington valley. Once back at the Pinkham visitor center by 2:30, we headed back to the campsite for some relaxation. An early dinner was served as the rain began to drizzle down. Down time was much needed after an exhausting day of hiking!

#### **July 14th**

The "Gansett Girls" slept in and had a delicious breakfast, packed their bags and hit the road. We arrived to Emerald Pools after a short hike to the waterfall, changed into our bathing suits and ate a small lunch. We then took to the cool waters which soothed our sore muscles from the day before. After a sufficient amount of swimming, we took a leisurely hike out back to our van. On our way back to the campsite, we stopped for a scenic view and a picture with the New Hampshire state border sign. After a few chapters of Harry Potter were read and a dinner of pizza was completed, we all turned into our tents for the night.

#### **July 15th**

After a restful night, we packed our day bags, had some breakfast and were off to find Mt. Pine! We soon found out our trail was no longer accessible, so we headed back to the Pinkham Notch Visitor Center, where we hiked up to the Crystal Cascades for a scenic snack and then hit the Jackson Road Trail which is a portion of the Appalachian Trail.

After few hours and a few encounters with some through hikers from Georgia, we headed back to the van to make lunch at the Dolly Copp picnic area. The girls created skits demonstrating the seven Leave No Trace Principles and then went back to camp just in time to escape the downpour. We all

looked forward to dinner and to Ava's birthday celebration which included scrambled brownies! It was a great full day in the White Mountains to end on!

#### **July 16th**

As the rain came down continuously, Narragansett ate breakfast and packed up all of our belongings and tents into our box trailer. We took a drive down to the historic Mount Washington Hotel and to catch the last few glimpses of the White Mountains before hitting the road back to Wavus! Once back to campus, the girls quickly unloaded and cleaned their belongings before grabbing some ice cream at J-Scoop! It is bittersweet for all the girls to end the session in just two short days!

Katie Lehmann, HBC

### **Omaha**

#### **Bigelow Mountains**

#### **July 26th**

We had a bit of a slow morning since it was rainy out. After a nice breakfast at Wav, we loaded up the last of our gear into the vans and hopped in for our long drive up to Round Barn campsite in the Bigelows. Our campsite was very spacious and beautiful. It was right on the shore of the lake! We arrived around lunchtime, so we quickly set up camp and had a lunch consisting of sunbutter and jelly sandwiches, along with popcorn. After lunch, we explored the area by walking along the shore and following trails. We then returned to our campsite to swim and hang out before dinner. That night, we made pepperoni and cheese pizza, followed by s'mores for dessert. Knowing we needed to get a good night's sleep for our day of hiking the following day, we returned to our tents for the night.



## **July 27th**

We woke up early this morning to get a good start for our day of hiking. After eating a breakfast of honey bunches and oats, we loaded up the van and drove to Sugarloaf. Once at Sugarloaf, we found the trail for Burnt Mountain and began our hike! The trail was nice and led us along a river with nice swimming areas and beautiful views of the surrounding mountains. The trail was also mostly shaded by trees, which was particularly nice on the hot summer day. We kept a good pace, with water breaks along the way.

Once we passed tree line, we knew we were nearly at the summit. The hike was long and hot, with some steep and slippery inclines so some of the cabin got spread out along the trail. However, once we were nearly at the summit, we all regrouped so that we could all summit together! We held hands and reached the top as a cabin. The hike was a huge success and we celebrated by having lunch at the top. We all enjoyed sunbutter and jelly sandwiches with Lorna Doones for dessert.

After lunch, we descended the mountain and arrived back at camp around 4 in the afternoon for some free time. Some people swam in the lake catching tadpoles while others sat around in the hammock or a tent to escape from the bugs! We then had a very filling dinner of pesto pasta with chicken, but saved room for s'mores! We concluded our day by circling up for rose, bud, thorn and saying one thing we learned that day. Then we all headed off to our tents to get some much needed rest.

## **July 28th**

We got an early start this morning to break down camp and get our day

started! After taking down tents and loading the van with all of our gear, we had a breakfast of sun butter or cream cheese on bagels. Then we all hopped in the van to head for Smalls Falls! Smalls Falls is a beautiful area with four cascading waterfalls and natural swimming holes. We anxiously got out of the van, changed into our swim suits, and climbed down the set of stairs leading to the water. We then crossed a bridge and climbed along the metal fence leading up to the top of the falls. The view at the top was gorgeous.

Though the water was rather chilly, it was very refreshing in the warm sun. We splashed around for a while and explored the area and even found a natural water slide! We all took turns going down the slide and afterwards continued exploring other swimming holes. We also found a nice ledge to jump off into the water! Once we finished swimming, we climbed up on the warm rocks in the sun to dry off and enjoy the sunshine.

Next, we headed back to the van to set up lunch at the picnic tables. We enjoyed yummy grilled cheese and turkey sandwiches along with popcorn and granola bars, as well as some fruit. Following lunch, we loaded up the van to continue our drive back to Wavus, but not without making a stop at J-Scoop!

Mary Strang, HBC

## **St. Croix**

### **July 4th**

We woke up at 5 a.m. with Alexandra's alarm buzzing in our ears. We all slowly drifted out of bed and got dressed. Then, we went to the Jewell for an early breakfast of Chex cereal, strawberries and blueberries. After we ate, everyone piled into the orange bus while groaning about how



early it was. Some of us slept while others read. Joe was in charge of the music so we listened to some classic rock and read magazines as well. Once we arrived at the put-in, we unloaded gear and carried our canoes to the water. We paddled for about an hour before arriving at our campsite on Birch Island. Then, we set up our tents and made lunch. We hung out for a while, and then we went swimming in the lake. After an eventful evening, we all settled in, ate dinner, and went to bed after a great day on the lake.

### **July 5th**

On the second day we woke up to cold rain and insane winds. We took shelter in our tents all day, waiting for the storm to die down. We left our tents only to grab food, but returned quickly to escape the harsh winds and pelting rain. For dinner, we all huddled under the tarp and ate mac 'n cheese for dinner. All the tents were getting warped by the wind. The lake was covered by white caps and giant waves that easily would have capsized our canoes. The lake was churning and grey.

Finally at sundown, the storm started to calm down to reveal a beautiful sunset, which made for promising weather the following day. The sunset was a brilliant orange making it look like the sky was on fire. Happy that the storm was dying down, we all returned to our tents to get a good night's sleep.

### **July 6th**

We awoke at 4:30 in the morning in order to get a head start on the day and make up for lost time. We were making great time and paddled all the way from Birch Island to the dam in Vanceboro. Before making it to the dam, we stopped at an island on the

Canadian side to say that we were in Canada. We also stopped for a quick lunch break at Indian Point. Then we continued on our way.

However, once at the dam we were advised not to canoe on the river since the water levels were too high and dangerous. We portaged the canoes to the dam and hauled all of our gear over and then waited to see what our next move would be. Our counselors called Wavus to check in and it was decided that we would bypass the most dangerous part of the river due to high water levels and be transported to the Loon Bay campsite.

However, we were not able to make it to the Loon Bay campsite because there was a fallen tree in the middle of the road, forcing us to return to Vanceboro and camp at Russell's Landing for the night. We quickly set up camp after a very long, interesting day and ate chicken patties for dinner followed by Milky Ways for dessert. Following dessert, we went into our tents to escape the bugs and get a good night's sleep! During the night, a train came by right near our campsite and woke us all up. What a day!

### **July 7th**

We woke up at 6:30 and quickly took down our tents. Then, we ate oatmeal for breakfast and waited for our ride to Loon Bay to pick us up. Around 8 we headed off for Loon Bay hoping for better luck this time. We arrived at Loon Bay campsite around 9:30 a.m. and had the whole day ahead of us for playing cards, swimming, laughing, and hanging out. We had grilled cheese and turkey sandwiches for lunch. For dinner, we had Ramen noodles followed by s'mores for dessert.



## **July 8th**

We woke up around 7 a.m. and had a quick bowl of cereal with S&Ms for breakfast, then set off on the Croix to continue our journey. After paddling for some time, we came up to Canoose Ledges. The portage trail was flooded, but our counselors managed to scout the river. After deciding it was doable, we went down the rapids one boat at a time. The rapids were really fun and everyone had a good time!

After some slower river paddling, we arrived at Skutik for a lunch of pep and cheese, followed by Lorna Doones. After filling up water, we continued onward to Egg Point to camp for the night. Egg Point was a nice campsite and we all enjoyed jumping from the point into the current. It was something like a lazy river! After some swimming and playing cards, we enjoyed chicken and cheese quesadillas. Because it was our last night, we all sat around the campfire to do rose, bud, thorn, along with mentioning our biggest accomplishment of the trip!

## **July 9th**

On our last day of trip, we woke up at 7 a.m. to pack up camp and eat breakfast. Some of us had breakfast sandwiches with egg and cheese on an English muffin while others had sunbutter and jelly on an English muffin. We did a quick sweep of the campsite and then we were off! We paddled for about an hour and half to reach our take-out near the dam. The weather was foggy and eerie, but we were in good spirits! Once we arrived at our takeout, we played cards and hung out until Joe arrived to pick us up. On our way back to Wavus, we stopped at Subway for a delicious and filling lunch! Mary Strang, HBC

## **Ojibway**

### **Bigelow Mountains**

## **June 29th**

Today we had Sunday sleep-in and a wonderful breakfast of wild doughnuts and fresh fruit before loading the van and heading off to the Bigelows. On the way we listened to music, stopped for a nice picnic lunch, and had a great time. When we got to Round Barn campsite, we set up camp next to the beautiful Flagstaff Lake and decided to go on a nice, refreshing swim. We played our favorite game, Camouflage, for a while around the campsite and then prepared burgers for dinner. After dinner we made a campfire, had dessert, and did rosebud thorn before heading off to bed!

## **June 30th**

We started the day with oatmeal and pumped water before heading off for Burnt Mountain! Without hesitation, we started up the mountain. We set a Wavus record of summiting the mountain in two hours (on the dot) and had a delicious lunch on top. Even though there were a few slips and falls, we were all okay and finished the hike with lots of laughter and good spirits.

We stopped on the way back to camp at Henry Kennedy's condo at Sugarloaf Mountain and shared Klondike bars while getting to know the Kennedys. We went back to the campsite and took a dip in the lake to cool off. We all hopped out of the lake to make delicious chicken fajitas. We built a fire, enjoyed s'mores, and shared the highlights of our day together. Before bed, we walked over to a little beach to watch the sunset and then got into our tents for a good night's sleep.

## **July 1st**

This morning, we woke up, had breakfast, and sadly packed up camp.

We left Round Barn and headed to Smalls Falls, where we swam under the waterfalls and played on the natural waterslides, followed by a nice scenic lunch. We headed back to camp after exploring more around Smalls Falls and of course stopping at J-Scoop. We all had a great time in the Bigelows and felt very confident about leaving for the Croix in a week's time!

Zoë Atchinson, HBC

## **St. Croix**

### **July 9th**

We woke up early, gathered our gear and laundry, and packed up the Loyalty bus with Joe. It was a long drive to our put-in at Castle Rock. After a delicious lunch we started our paddle; there was even a bald eagle keeping us company for a while on the lake! We were feeling great so we paddled farther than anticipated on Lake Spednic and stayed at the lovely Cedar Point our first night. We spent the afternoon enjoying the beautiful landscape and swimming. After our dinner of burgers, we made a fire, had dessert, and did Rose Bud. All of the campers went around and said what counselor they were most like at camp. We all hopped in our tents as it got dark out, ready for our paddle the next day!

### **July 10th**

This morning, all of the campers got up on their own before they were woken by the counselors and took down camp before being asked. After having a filling breakfast of oatmeal we paddled for a couple hours before reaching the Narrows. The lake was really nice and we had a beautiful, sunny day for canoeing. Once we set up tents, we had lunch, swam, and hung out before Emmy, Alex, Reagan, and

Logan cooked delicious quesadillas for dinner. We made a campfire and all hung out and talked before we all hid in our tents from the bugs.

### **July 11th**

This morning we got an early start. We woke up at 6 and enjoyed bagels with sun butter and cream cheese as well as berries before leaving the Narrows. We paddled for two hours and reached the dam in Vanceboro later that morning. Due to the recent hurricane and rain storms, Joe came to pick us up and transport us to a safer part of the river where the water was not running so high. While we were driving to the boat launch by Loon Bay we passed a moose!

We had a short paddle to the beautiful Loon Bay campsite, which was spacious and less buggy. We set up our tents before taking a refreshing dip in the river. Before dinner, all of the tent groups did paper bag skits to decide who would eat first. Christmas Under Water, Jack and the Bean Stock Bon Qui Qui style, and Finding Nemo Wild West style were the themes. All of the skits were hilarious! For dinner, we made pesto pasta with chicken and then played camouflage before bed.

### **July 12th**

Today we woke up late and had a rest day at Loon Bay. The weather was perfect and we all felt more relaxed. For breakfast we had yogurt and granola. Throughout the day we swam, played games, ate a lot of GORP, and gave each other garden massages. We had lunch, did hair wraps and friendship bracelets, and read by the beautiful river. For dinner we made chili and rice and beans and then got started on a campfire. We ended the day with s'mores and all went to bed happy and well rested!





### **July 13th**

We woke up early today and had oatmeal before starting our first real day of river paddling. The river was slow for a while and we had to paddle hard against the wind but then we reached our first rapids! We stopped and scouted the Canoose Ledges. Everyone was a little scared at first, but everyone had a blast going down and everyone handled them smoothly.

We went through a few more rips and paddled for a few more hours before reaching Egg Point. We swam and bathed in the water before getting ready to make personal pizzas for dinner. We made a campfire and then cooked scrambled brownies. We got in our tents just as the rain started and got a good night's sleep before our last day of paddling.

### **July 14th**

This morning we woke and packed up camp, sadly, for the last time. We paddled to the take out at the Grand Falls dam in Kellyland. We told jokes and riddles as we paddled and then organized our stuff once we pulled the boats out. We had lunch and went over our favorite parts of the trip. After a game of Mafia, Joe arrived and took us to Subway for lunch. We had a wonderful trip and were so sad it was over!

Zoë Atchinson, HBC

## **Osage**

### **Bigelows**

### **July 3rd**

We woke up and cleaned the cabin so that when we returned the cabin would be all neat and tidy. After a yummy breakfast at Wavus and packing the van, we headed out to the Bigelows. We stopped for lunch along the way and then continued on, excited about the sunny weather.

We arrived in the afternoon at Round Barn Campsite and set up camp. Everyone was sticky and wanting to escape the bugs so we headed to the lake to swim and relax. We had a yummy dinner of quinoa and chicken and performed skits about the LNT principles (Leave No Trace). After dinner we made a roaring fire and made s'mores.

### **July 4th**

We woke up to a light drizzle and had a festive 4th of July breakfast of bagels with cream cheese, blueberries and raspberries. We drove to our trailhead and began hiking Burnt Mountain. Everyone had great attitudes and were actually happy about the cool drizzle. There was a lot of team work and encouragement on the hike. We sang some camp songs while hiking up the mountain.

We summited and then hiked back down to have lunch at the bottom of the mountain, which was thoroughly enjoyed after our 5.6 mile hike. We drove back to the camp site and had rest hour/exploration time.

For dinner we had some mac and cheese after skits about the 4th of July. To end the day we had berries and cream twith some red, white and blue. We discussed our personal goals and the progress we had made during our circle time.

### **July 5th**

We woke up and broke down camp, practicing our LNT skills. We enjoyed some S&M pancakes and drove back to Wavus singing along to the radio and excited to share our stories from our primer.

## **St. Croix**

### **July 11th**

We woke up early and had a quick breakfast in Jewell and then loaded the canoe trailer with all of our gear. Everyone was excited to portage the last two canoes overhead to the trailer. We had a long drive up to the border of Canada, where we put in on Spentic Lake.

We paddled to The Ledges, a beautiful open campsite with a gorgeous view of the lake. We ate some lunch after setting up camp and cooled off by swimming. We reveled in the beautiful day after swimming by playing games and enjoyed the lovely weather and view. We ate a nice dinner and ended the day with a fun circle time under the sunset on the rocks with berries and cream.

### **July 12th**

The day started with a nice leisurely breakfast, and then we loaded up our canoes. We left The Ledges and headed off to The Narrows, through Spentic Lake. After arriving at the campsite, we made lunch and set up camp. We swam and hung out around the campsite to pass the afternoon. We settled down for dinner and had circle time where we talked about the places we wanted to travel to and what our spirit animals would be.

### **July 13th**

We woke up early and sang Happy Birthday to Dana and paddled to Vanceboro. Once at the boat landing we pulled the canoes up and unloaded. We portaged through town which was about a mile to Russell's Landing. We had some good team work and the counselors were so impressed. The water levels were still pretty high, about three times what it normally is, and so, after talking to Wavus, we

decided to camp at the landing which was tucked around the corner behind some trees so it still made us feel like we weren't in a town.

We set up tents and played Mafia and then had lunch. The weather was nice so we cooled off in the water. We relaxed all afternoon and played Poison Dart Frog. We had a pretend day at Wavus, pretending to raise the flag and opening with the quote: Fly be Fly and made Dana skip around the canoes instead of the Jewell. We had ice cream to celebrate Dana's birthday. We closed the day with a circle time where we revealed our greatest fear and scariest moment.

### **July 14th**

We woke up, took down our tents and enjoyed some S & M pancakes. After we were all packed up, we waited for Joe who transferred us to Loon Bay. We cheered for Joe as the orange bus arrived as we were anxious to get back on the water. The girls showed off their portaging skills by loading the canoes on the trailer.

After Joe so kindly dropped us off, we had a quick snack and paddled to our Loon Bay campsite. It turned into a beautiful afternoon so we went for a swim in the river and lay in the sun to dry. The afternoon was filled with telling stories, Uno and GORP gambling. After giving each other back massages we had personal pizzas for dinner. While we ate we talked about who our heroes were and our earliest memory. It was a great way to get to know each other. We ended the day with s'mores while watching a beautiful sunset followed by sparklers.

### **July 15th**

We woke up early to a misty day. After taking down camp and oatmeal, we headed out on the river. We quickly





came upon Canoose Ledges, a class three rapid; we pulled out and portaged our gear. As a cabin we scouted the rapids and decided that the counselors would run the boats down. The girls sat and cheered and helped pulled the boats over.

We continued on and everyone got to paddle through Dog Islands Rips and other rapids and rips. As the day continued, it began to rain but we paddled through it and told riddles and jokes. We arrived at our campsites and set up camp quickly and then had lunch. Once everyone was dry and rested, the rain let up and we hung out outside. During our dinner of pesto pasta, we went around and reflected on where we wanted to be in five years and did Rose, Bud, and Thorn for our entire trip. We had a long circle time to close out our trip; almost everyone's thorn was having camp be almost over along with our trip.

### **July 16th**

On the last day of trip we woke up and quickly packed up and had a quick breakfast. We paddled to our take-out but unfortunately it started to rain so we had pull over because it started to thunder. After about thirty minutes, we reached our take-out and met Joe. We loaded the canoes and headed back to Wavus. We sang along to the radio and slept in the car ride back.

Bee Crudgington, HBC

## **Penobscot I Camden Hills**

### **June 26th**

Thursday morning Penobscot I woke up to the sound of rain on the cabin. We luckily got to sleep in before our last delicious Wav breakfast before trip. With the gear ready, stomachs full and girls pumped, we piled into

the van. Once we got to our campsite in Camden, we pitched our brand new tents and made lunch. The girls helped make grilled sandwiches before our hike.

Penobscot skipped across the street to Mount Battie. We hiked up and enjoyed the view before heading back to the campsite. For dinner we made campfire nachos and the girls learned how to cook on a Coleman stove. For dessert we had bananas foster while we sat by the fire. With full bellies and tired legs we went to bed early.

### **June 27th**

Friday morning the girls slept in and were reluctant to get up out of their warm beds. The girls packed up the tents and we had toasted bagels and cream cheese for breakfast. We piled into the van again and hiked Maiden Cliffs. The hike was pretty steep but only took us about an hour to go up. We had beautiful views of the ocean and the bay and enjoyed a snack on top of the cliffs. For lunch we had a picnic in Camden State Park overlooking the ocean. After lunch the girls were sad to leave the trip but excited for our stop at J Scoop! W

Julia Welter, HBC

## **Baxter/Penobscot River**

### **June 30th**

Today we woke up, packed our gear into the van and headed up north to Baxter! We set up camp up at Trout Pond campsite that was on the northern border of Baxter State Park. Right next to our campsite was a bridge over a stream. We spent the afternoon swimming and bridge jumping and trying to avoid the black flies! We had an early dinner and went to bed before the sun to get ready for Katahdin tomorrow!

### **July 1st**

We had a 2 a.m. wakeup call this morning to drive three hours south to Roaring Brook campsite, the base of Katahdin. We hiked the Chimney Pond trail to the base of the mountain. After checking in with the ranger, we filled up our water and headed up the Cathedral Trail.

The trail was difficult with a lot of bouldering and three false peaks. The girls were thrilled when we finally made it to the tablelands and could see the Katahdin sign in the distance. After picnicking in the clouds at summit, we headed down the Saddle trail. We reached the van again eleven and a half hours after we had started. We drove back to the campsite, ate dinner and immediately fell right asleep!

### **July 2nd**

We woke up late and had a slow start to our morning. We hiked part of the Trout Brook Mountain trail near our campsite. We then headed to the natural waterslides. The girls loved swimming and exploring the area! Later we hung out in the van while a lightning storm passed over us. We spent our time recording videos and singing and dancing until the storm passed and we could head back to our tents.

### **July 3rd**

Today we explored more areas around our campsite. We found fossils near the stream during our morning swim. We went on one of the oldest trails in Baxter called the Freeze Out trail. For lunch we had a picnic at Abol Bridge where we had amazing views of Katahdin! On our way back to the campsite, we stopped at the natural waterslides to clean off. Back at the campsite we packed our bags and prepared for our early transfer to the river!

### **July 4th**

Today was the big transfer! We woke up and quickly packed up our campsite before meeting Erik and Paul ten minutes outside of Baxter at Grand Matagammon Lake put in. We were surprised with two cakes for Brooke and Lizzie's birthdays that we had as a post breakfast treat. We enjoyed reading mail and opening packages before heading out on the river. We had our first portage around the dam from the lake to the river. We then paddled a ways to our campsite at Upper East Branch. We set up camp and enjoyed finally being settled on the river!

### **July 5th**

It was pouring rain as we woke up this morning. We packed up camp and started paddling through the cold rain. We had to stop at Haskell Deadwater campsite to get warm and out of the storm. After lunch in the afternoon we were able to portage boats to the end of the trail and relax.

### **July 6th**

Today we woke up to start our long day of portaging. We finished Haskell Rock portage and put our canoes back in the river. The paddle was quick and we took out on Pond Pitch and Grand Pond Pitch portage. The girls proved to be tough trippers throughout the entire day! We cuddled in seven to a tent with two of our tents down river.

### **July 7th**

This morning when we woke up, we finished Bowlin Falls portage. We then pulled over to Bowlin Camps to call back to Wavus and check in. We found out that the water at Grindstone was extremely high and that it was unable to be canoed. We unfortunately had to cut our trip short a day due to the high water levels. We met up with Penobscot 3 and camped in cabins at





Bowlin Camps for the night before heading back to Wavus the next day!

## **Penobscot II**

### **Camden Hills**

#### **June 28th**

This morning we woke up and did some last minute packing adjustments just to make sure we had everything. After we had breakfast at Wavus, then packed up our van and our trailer and headed off down the road. We drove for a little more than an hour before we reached our destination. Most people read and others looked out the window while we all listened to our cabin CD. Once there we unpacked and set up camp for later that night.

Once we were all settled we headed across the way to the trail head of Mt. Megunticook. We stopped a few times to catch our breath and to have some water, but we reached the top within two hours. While at the top we ate lunch and took lots of pictures. After lunch and taking all the pictures we cared to, we headed back down the mountain.

Later that evening we changed into our bathing suits and went down by the coast. Once there we hung out, read books, and doodled on each other. Effie practiced her henna on Becks, which started a trend, and soon most people in the cabin had matching tattoos. Later we headed back to camp where we played camouflage and zoo until dinner was ready. We cooked over an open fire and had Mac and Cheese for dinner. After cleaning the dishes and talked about how our day went and headed off to bed, over all a wonderful day!

Written by: Ellie Hopkins,

Nathalie Hansen, and Eliza Lord

#### **June 29th**

This morning we woke up at 8:00

and started our day by packing up our camp. For breakfast we had oatmeal of all different flavors. We made sure we had everything we needed, including two full water bottles, in our day packs and headed out for another day of hiking.

Our first hike was Mt. Battie. It took us a little over 45 minutes to reach the top, once there we again took a TON of pictures because it was "Venial", a new term for cool created by Emory. We also enjoyed a snack and drank plenty of water.

After we finished, we headed back to the van to drive to another hike about 10 minutes away called Maidens Cliff trail. We started with the intentions of hiking the whole way but had to stop three fourths of the way from the top. At a pretty view spot we stopped to eat lunch of turkey, ham, or hummus sandwiches. After we finished, we descended and headed back to the van for our trip back to Wavus. Once there we unpacked and cleaned the gear.

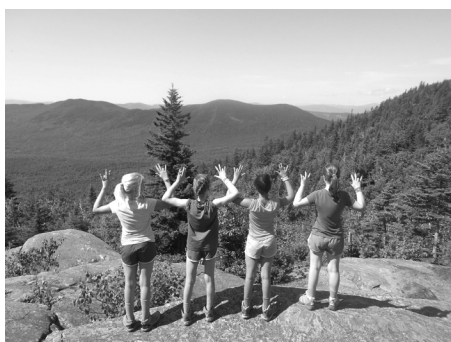
Written by: Chloe Berlin,  
Effie Blue, and Hannah Barden

## **Mt. Blue State Park**

### **July 11th**

This morning we woke up and finished our last minute packing, and attended a Wavus breakfast before we set out to go on our hiking trip. But before reaching our destination, we stopped to go a quick hike out to a waterfall in the Farmington area. After that awesome adventure we finished our drive to our campsite where we quickly set up camp and had lunch. We ate turkey, ham, or hummus sandwiches with a bar on the side.

Later when we had finished, we put on our bathing suits and headed down to a beach area where we went



swimming and read books. We also did some gymnastics and took some really great photos. Afterwards we headed back up to the campsite where we cooked dinner and built a fire. Dinner was personal pan pizzas. To wrap up the night we ate candy by the fire while we played mafia and Frisbee. Shortly after it was time for bed, at which time we all climb in our tents for a good night sleep. Muscles, Ellie, Ray

### **July 12th**

We woke up pretty early and changed into out hiking clothes. We packed up everything we needed for our day hike (rain gear, fleece, water, food, sun/bug screen). After we ate breakfast and headed out to the trail head. When we woke up it was really cold, but as the morning went on it started to warm up (thank goodness!!)

We decided as a cabin to hike Brook Trail. We hiked for about an hour and a half, maybe even two hours, stopping with water breaks along the way. When we got to the top, we took tons of pictures and swam and ate lunch and our snacks (lunch was SJB and bars and cheese sticks). We stayed up at the top for 2 hours and enjoyed the scenery and the little fish that lived in the pond at the top of the mountain. It took us about an hour and a half to descend.

Once at the bottom we drove back to camp for a relaxing after noon where we read and relaxed before dinner. After we had S&M pancakes with s'mores for dinner and dessert. Next to wrap up the night we headed back down to the beach for some night swimming and playing on the beach. After we all crashed in our tents!

Chloe, Guns, and Eliza

### **July 13th**

Today was our last day of trip! After

a breakfast of bagels and hot cocoa, we packed up our camp in record time, and headed down to the beach for one last dip in the lake. This is also the time Eliza did an exercise where we found out what everyone's spirit animal was which was pretty cool. After a quick swim we all piled back in the car for a ride to Panera Bread, before we headed back up to Wavus to clean up group and personal gear. Over all a very successful trip! Becks Slacks, HBC

## **Penobscot III**

### **Camden Hills**

### **July 2nd**

What a perfect day to set off for Camden Hills! The sun was shining and there was not a cloud in the sky. Once we arrived at our campsite, we ate a quick lunch and began the trek up Mt. Megunticook. We were not expecting the climb to be steep, but at certain times it was. We got through the more difficult spots by playing "Contact" which is a hilarious word-guessing game. The view at the top of the Camden area made the hike very worth the difficult terrain!

After hiking Mt. Megunticook, we were still energetic and it was early in the day so we decided to climb a mountain neighboring Mt. Megunticook, Mt. Battie. We hiked Mt. Battie fairly quickly, and were fascinated by the small castle on the top! After enjoying the views of Camden Harbor and taking an insane amount of photos, it was time to begin the descent. We reached the base of the mountain just in time; clouds were moving quickly in our direction.

Because of the ominous clouds, we made our bagel pizzas as fast as we could over the fire, and then took off in the van for a "mystery van" exploring



the Camden area. The sounds of the lightning storm was drowned out by 13-year-olds singing at high volume to "Latch" by Disclosure, followed quickly by loud snoring and sleep talking back in the tents.

By Devon Parker, Elizabeth Robins-Cole, and Camilla Gowen

### **July 3rd**

We woke up well-rested and ready for the day ahead. We packed up the campsite so we could head out after our final hike. Our last hike was Maiden Cliffs. It was a very quick hike; we summited it in under an hour. At the top were beautiful lake views and a big cross with a sign explaining its significance. According to folk lore a girl or "maiden" fell off the cliffs chasing her hat and died in the 1860s! We all made sure to keep our hats tightly on. The trip down from the cliffs was even quicker than the hike up. It was still early when we returned to Jefferson, so we went bridge jumping and enjoyed J Scoop before returning to camp! By Devon Parker, Elizabeth Robins-Cole, and Camilla Gowen

### **Penobscot/Baxter**

#### **July 5th**

After the usual delicious Wavus breakfast (thankfully at 6:30 a.m. because of the Strawberry Shortcake Shuffle), we were off for the mighty Penobscot! The drive was long, but we were well entertained with Paul's eclectic music choices and the "odds game" which forced Hadley to speak in a British accent for the remainder of the day!

Because the rain was relentless, we put in a little further down the river than we were supposed to and stayed at Matagammon Campground instead of Stair Falls. By late afternoon

the rain had cleared, so Caroline and Camel led the troops making friends at the campground and exploring the area. Unfortunately they found that the lobster bake going on at the campground was not, in fact, free, so they wandered back to our campsite for some yummy pesto pasta with chicken and s'mores over the fire to fuel up for our first canoeing day to follow!

#### **July 6th**

The storm had passed, and in its wake had left a beautiful day for our first day of paddling! From the put-in at Matagammon, the river was relatively calm for a few miles and everyone was happy to be enjoying the day canoeing in the sun.

Our first set of rapids was Stair Falls. Every boat that went down the rapids did so with ease! The water level was high enough that hitting rocks was not an issue! The two canoes bringing up the rear chose to portage the rapids because the canoes had some water in them.

Luckily, our campsite Haskell Deadwater was not far after Stair Falls so we pulled out there to bail out the canoes, set up the campsite, and started the first portage around the Haskell Pitch waterfall. We arrived at the campsite around lunchtime, so there was plenty of time to cook up a big lunch and portage our canoes leisurely throughout the afternoon. After portaging the canoes, everyone was exhausted and annoyed with the gnats so we had a quick dinner and enjoyed lots of tent time playing card games and reading.

#### **July 7th**

Today was mostly cloudy, but this did not deter us from quickly completing our first portage! It was a great feeling to have the Haskell Pitch portage

under our belts. After the Haskell Pitch portage we put our canoes back in the river and paddled the remaining Haskell Rock rips. The water level was so high from the dam being opened. Because of the crazy water level, we made the decision to bail out and tie our boats on the side of the river, and walk to the next bail out point, Bowlin Falls, to contact camp.

### **July 10th**

What a perfect day to depart for Baxter State Park! The enthusiasm of Penobscot III was high. Everyone was ready to return to trip, especially with our new counselor Jane! There was plenty of time for Jane to integrate into the cabin during the 5 and a half hour drive to Baxter (which was mostly spent playing the odds game and singing along to Emma's country playlist).

We arrived to our campsite, "Nesowdahunk," midafternoon. It was beautiful! There was a big covered picnic area, a wonderful outhouse, and 360 degree view of mountains! Upon arrival we chowed down on sunbutter and jelly sandwiches and checked in at the ranger station. The weather report predicted barely any wind and a sunny day for tomorrow, so we decided we would attempt Katahdin our first day! On our way to fetch water to clean dishes after dessert, we ran into a Kieve cabin so we stopped by their campsite to play a few games of "camouflage" (spin off hide-and-go-seek) before getting a good night's sleep in anticipation of the big hike.

### **July 11th**

Somehow none of the alarms set for 3 a.m. went off (or more likely we slept through them), but luckily Elizabeth and Devon woke up at 3:30 a.m. and woke the rest of the cabin up to change

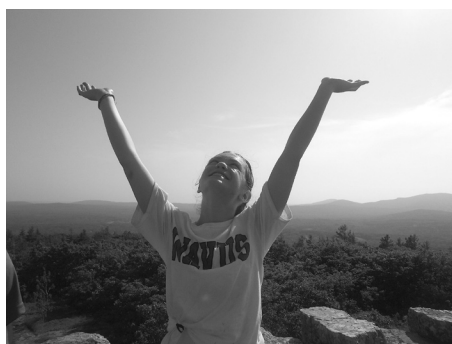
and get in the van. The car ride was about an hour to get to the other side of the park. The majority of the cabin used the time to sleep. When we arrived to the Trout Brook campground it was around 5 a.m.

We quickly ate bagels and sunbutter to fuel up for the hike then started the hike! Emma led the faster group and about 30 minutes later the more leisurely group started the ascent. The first few hours were similar to sleepwalking; everyone was pretty quiet and the stairs were tedious but monotonous.

Once we reached Chimney Pond around 9:30 a.m., the endorphins kicked in and with the peak of Katahdin in sight, Penobscot III practically ran up the remainder of the mountain! The bouldering above tree line was especially cool. The views were great and it was a fun change of environment. The views were even better once we finally reached the summit!

At the top we met many through hikers who had just completed their journey from Georgia, and we celebrated with lunch, Swedish Fish, and hundreds of pictures by the Katahdin sign!

After spending about an hour on the top, it was time to address our next challenge, Knife's Edge. Knife's Edge was intimidating, but everyone handled it one rock at a time. While Lily and Camel handled the height with ease, Poppy was crawling on all fours making the hike across the summit take a few hours. At the end of Knife's Edge we took another celebratory break then headed down the Helon-Taylor Trail back to Trout Brook and the van. Back at the campsite we had a quick dinner and went to sleep early and exhausted.





### **July 12th**

We started the day with a healthy but rejuvenating breakfast of yogurt, granola, and blueberries, and from there, drove into Millinocket to fill up the water tubs. Once we returned back to the park, we went directly to the natural waterslides to relax and bask in our accomplishment. The water was cold but the hot weather balanced it out! Everyone fit in a lot of reading and fun sliding down the natural waterslides, especially Camel and Caroline who led the trips down the waterslides and tested out each one for their cabin-mates.

After a relaxing dinner back at the campsite we made a fire and made s'mores! We had to do our best to keep the bunnies away from our marshmallows... Caroline and Hadley's brothers surprised us and stopped by to say hi and eat s'mores because they were staying at a nearby campsite.

### **July 13th**

The forecast for today was not as promising as our previous days on the trip so after an early s+m pancake breakfast in honor of Devon's 13th birthday, we set off for Doubletop Mountain, which happened to be based from our campground. The clouds were a bit ominous and a few girls were feeling very sore from Katahdin so half of the cabin summited, and the second group turned around early.

The remainder of the afternoon was spent enjoying the mild weather before the storm and relaxing in the stream next to the ranger station. Around dinner time the rain began to downpour. Caroline moved her hammock inside the picnic area and we had rest hour in the picnic area and in the tents. After dinner the cabin split

by tent groups to create a dance for a favorite song. Once all the cleaning was done, the "EA" began and ended in everyone rolling on the ground laughing. After the skits, the young boy staying at the next campsite came over read ghost stories to our cabin. We all did our best to sleep after that!

### **July 14th**

Although it was an excellent trip, everyone was excited to get back to Wavus to see siblings and take showers. That being said, the van was quickly packed up and we were on our way back to Jefferson - via Panera. The car ride was smelly but filled with loud singing and the odds game, as always. At camp after cleaning our gear everyone sprinted to much needed showers!

Poppy Doolan, HBC;  
Emma Howard, JC

## **Allagash I**

### **Allagash River**

#### **June 27th**

#### **Wavus to Big Island**

This morning we woke up bright and early to hit the road for our great Allagash adventure! It was an absolutely gorgeous day as we drove up to Baxter State Park. We reached our put-in around 11 a.m. and ate lunch. We were ready to hit the water and escape the mosquitos! We finished packing and set off down the West Branch of the Penobscot River.

Our afternoon was filled with sunshine, singing, and floating down the beautiful river - not to mention a few bald eagle sightings! We arrived at Big Island around 3 and set up camp. After some chill time and storytelling, we devoured our burgers made by chefs Marge and Lillie. It was still early, but after rose/bud/thorn, Kelly's leader of the day question, and med

minutes, we were very ready for bed. We finally found shelter from the bugs in our tents and fell asleep to the sound of the river and dreams of Mud Pond Portage!

### **June 28th**

#### **Big Island to Mud Pond**

Today was long and hard, but beautiful, sunny, and full of wildlife sightings! We woke up early and hit the river by 6:30! After passing a moose, we got off the river to cross Chesuncook Lake and headed toward Mud Pond Portage! A few hours and two mini portages later, we found the beginning of the portage trail, set up camp, and began portaging canoes. Sophie and Crinny finished in record time (1:22!) and the rest of us decided to finish our portage in the morning so we could beat the sunset to bed! We enjoyed a filling dinner and went to sleep with full bellies and excitement to finish Mud Pond Portage in the morning!

### **June 29th**

#### **Mud Pond to Boy Scout**

Today was full of victories and accomplishments! We woke up ready to take on the rest of Mud Pond Portage, which we absolutely crushed before lunch. We were so happy to be done and eating our Sunbutter and Nutella pitas!

We shipped off into Mud Pond, walked our canoes down and stream, and entered Chamberlain Lake! We paddled along the shore on this beautiful day for a few hours and finally made it to our coolest campsite yet - Boy Scout! We swam and hung out until our Ramen dinner feast. After circling up and finishing the day with med minutes, we went to bed excited to see Logan at our resupply in the morning!

### **June 30th**

#### **Boy Scout to Donnelly Point**

Today was such an awesome day! We woke up an hour later than normal and paddled to our resupply at Chamberlain Bridge. After organizing our gear and relaxing for a bit, the one and only Logan Faulkingham pulled up! We were so excited to see her and we switched out our food and gear for the rest of our Allagash adventure!

After a nice visit and reading mail, we pushed on to our next campsite. It was a windy afternoon, but we worked hard and made it to our campsite by 2:30! We swam and hung out for a bit and with camp all set up we enjoyed dinner and an early bedtime. Everyone loved the resupply, was super excited to finish lake paddling soon, and to bond even more as a cabin over the remainder of the trip!

### **July 1st**

#### **Donnelly Point to Pumphandle**

Today we woke up at 5 a.m. in an attempt to beat the wind on Chamberlain Lake. We were on the water by 6 and made it out of Chamberlain by 8! We did a quick portage around Lock Dam and rode a really fun stream into Eagle Lake. After a windier paddle up the lake, we reached our beautiful, bug-less campsite! It was only 11 a.m. when we arrived and we spent the afternoon swimming, relaxing, and reading.

During our nightly circle everyone agreed that this was the best day of the trip thus far! Leader of the day Crinny asked us what we missed most on trip. After discussing that for a while, we all agreed that no matter what, we are so happy to be on this trip together and sad that it is almost halfway over. We are so excited to finish Eagle Lake tomorrow and for the remainder of our Allagash Adventure!

## **July 2nd**

### **Pumphandle to Jaws**

We woke up early today and finished our lake paddling by 8:30 a.m.! We got off Eagle Lake and paddled all the way up Churchill Lake (with the help of some tailwinds) to our campsite. Since we arrived so early, we considered pushing on through the next day's rapids, but there was no ranger available to portage our gear around Chase Rapids. After a windy but short paddle back to the campsite, we swam and hung out before a very relaxing rest hour full of reading and naps.

We ate dinner and talked about what we have learned about ourselves on this trip (an awesome question asked by our leader of the day Lane). After med minutes and a beautiful sunset, a few raindrops started falling so we rushed to our tents and went to sleep excited and ready for rapids in the morning!

## **July 3rd**

### **Jaws to Jalbert**

Today we woke up eager for rapids and river paddling! We set off for Churchill Dam and, after a ranger loaded up our gear, we headed down Chase Rapids! Everyone had so much fun conquering the rapids! The first hour flew by and we picked up our gear and finished our river paddling for the day. We paddled up Umsaskis Lake and into Long Lake in search of our campsite. At the beginning of Long Lake we entered a really narrow section where a moose was eating some delicious looking lake grass! We snapped some pictures and were a little too close for comfort so we moved on quickly and finished our paddle for the day.

After lunch we swam and rested up

while going over the day. Grace asked us what aspect of trip we liked the most that we can't get at home. The girls had some pretty profound answers and we all agreed that Wavus and trip is the best! We went to sleep super pumped for the 4th of July on the river!

## **July 4th**

### **Jalbert to Sweeney Brook**

Happy 4th of July! We woke up to a cloudy day and set off toward a mini portage and our riverside campsite. We got to sleep in in honor of our amazing country! We were on our way at 8 a.m. and only paddled for about 45 minutes before we reached the portage around Long Lake Dam. After the quick portage we were on the river until our campsite which we reached at 11 a.m.!

It was a dreary day, so after lunch we retreated to our tents for quiet time. The rain couldn't keep our spirits down because we had dank for dinner and finished off the holiday with scrambled brownies! After rose/bud/thorn we talked about our favorite holidays (thanks to our leader of the day Sophie's question)! After a wonderful day we went to bed with hopes of sunshine!

## **July 5th**

### **Sweeney Brook to Five Finger West**

The theme of the day was "Frozen." We woke up to a chilly, cloudy morning with hopes of a sunny day later on. We set off and about halfway through our paddle we reached Round Pond. Much to our dismay, it had not warmed up at all and we were still awaiting our long lost friend, the sun. We asked a nice ranger man about the weather and, although he did not have a full forecast, he told us that we may be experiencing parts of a hurricane that was happening somewhere out in the





real world (which of course we were completely unaware of).

We pushed on and fought through some tough winds in order to reach our campsite! We were so happy to be there! We hopped in our sleeping bags to warm up and cozied up while we eagerly awaiting chef Marge's dinner. After eating we did rose/bud/thorn and our leader of the day Lizzy asked us about our favorite ice cream flavor. We had an exceedingly long discussion about ice cream and milkshakes and "frappes" and finally retired to our beds excited for Gash Falls!

### **July 6th**

#### **Five Finger West to Allagash Falls**

We woke up to the most beautiful sight - the sun! We set off and enjoyed a day of river paddling which we hadn't truly experienced yet...it was awesome! We floated down the river for a while before pulling out for our portage around Allagash Falls. We took all of our gear to the campsite and then portaged the canoes quickly - we are pros at this point! After lunch and setting up our campsite, we went for a swim below the gorgeous 40-foot falls! The water levels were too low for us to jump in but we had lots of fun exploring the rocky cliffs and swimming in the pool below.

We headed back to camp for our regular pre-dinner quiet time and rested until it was time to eat. After dinner we made a fire and some delicious Nutella s'mores! Unfortunately it was cut short by the rain and we had to speed through rose/bud/thorn and Eliza's question of the day: what we are most excited to hear about when we get back to camp (World Cup!). We only have two more days of paddling left...we don't want this trip to end!

### **July 7th**

#### **Allagash Falls to Debbie's Field**

We woke up at Allagash Falls, portaged the rest of our gear, and headed down the river as it began to drizzle. After a few hours of paddling down river with a few rapids thrown in here and there, we reached our destination for the night. We were soaked and happy to have arrived! We quickly set up our tents and attempted to get dry while we ate lunch.

We spent the afternoon hiding from the rain in our tents while singing, reading, talking, the usual! Since we were exiting Allagash River, we were in civilization! A very strange feeling after ten days! While holed up in our tents we listened to logging trucks driving by and were sad to realize that we were entering the real world after a nearly-perfect trip. We ate dinner and did rose/bud/thorn in the rain, then talked about our favorite pizza toppings (our leader of the day Lindsey's question was inspired by tomorrow's dinner!). We rushed back to our tents as it started pouring and pumped ourselves up for the last day of paddling tomorrow!

### **July 8th**

#### **Debbie's Field to Pelletier's**

Today we woke up to an absolutely beautiful day! It was like Mother Nature knew it was our last day on trip! We woke up and had our most fun day on the river yet. We flew over rock-less rapids and floated down peaceful river in the sunshine. We got to Pelletier's Campsite around 11 and enjoyed a day of relaxing and swimming and reminiscing about the last 12 days of the best trip ever.

We were thrilled to see Hannah pull up with pizza and cookies and fruit (even though Marge accidentally already bought us pizza because she

is the best counselor ever). We stuffed our faces and loaded canoes for the morning before doing our last rose/bud/thorn of the trip and going around saying what we most appreciated about each of our cabin mates. The sunset was gorgeous and it was the perfect way to end the perfect trip. We are so excited for tomorrow and our entrance!

### **July 9th**

#### **Pelletier's to Wavus**

Today we woke up to a downpour that miraculously turned into a gorgeous day after just about 20 minutes! We packed up our tents and loaded up our gear for the last time and were on the road by 6:00 a.m.! It was an awesome day eating at Panera, doing our Frozen inspired entrance, and SHOWERING! Our trip was perfect and we are sad that it's over, but we are so excited to spend the rest of camp together! We love Allagash I! Marge Tucker, HBC

## **Allagash II**

### **Allagash River**

#### **July 3rd**

We woke up at 5:00 and were all excited to start our adventure. We loaded up the trailer and headed out to begin our trip. We got to Hannibals Crossing at 11:30, unloaded the trailer, said goodbye to Eric and went on our way. We had a leisurely paddle to Big Island, arrived at our campsite to unload the boats.

Afterwards we went swimming for about an hour and started dinner of yummy burgers! And what a great way to end a delicious meal with s'mores for dessert! After we finished dinner we filled our water bottles and had circle time where we talked about our days and what was to come. We all went to bed early because the next day we were to start the Mud Pond Portage.

### **July 4th**

We woke up quite early (4:30) and spent a while getting up and packing up the campsite. On our way to Chesuncook we saw a moose with its baby. We paddled down the Penobscot and stopped to portage over a bridge. Once we got there, we were greeted by a nice woman and her husband who let us escape the bugs and rain to eat lunch in their house. We were also treated to warm pudding.

After an hour or so we left to paddle through a swampy area and through a dam. We reached the Mud Pond carry trail and set up camp. Then we began to portage our canoes. We made it as far as we could and then went back to the campsite to make dinner. It was rainy so we called it an early night.

### **July 5th**

We woke up at 5:00 at Mud Pond. It was cold and rainy but we had oatmeal to warm ourselves up. Once we finished breakfast, we started to portage our group gear and personal gear. We all met at the road and then continued on our way. Because of the rain we were able to float or drag the boats most of the way. We got our gear to the end and then went back to the road for the boats.

Once we were all done we celebrated with GORP. We stayed at the put-in for a couple hours and made lunch because there were awful head winds. We were able to hang out and tell stories of our accomplishments. Once the wind calmed down we headed toward Rocky Cove and all went to bed feeling very proud of all that we have done so far.

### **July 6th**

Today we woke up early and paddled to our resupply at Chamberlain Bridge. We got there around 8:00 and were greeted by Kate and Mandy! It was

great getting mail and sending home our smelly Mud Pond clothes. We paddled back up Chamberlain to Rocky Cove and had lunch. Then we continued up Chamberlain to Gravel Beach. The wind was really bad so we walked our boats the last quarter mile to our campsite. We saw Gash III from Wav for a little bit and it was nice to see familiar faces. Looking forward to finishing Chamberlain tomorrow!! It's been a tiring few days.

### **July 7th**

This morning we woke up at 5:00 for an early start on the lake. We headed up Chamberlain to Lock Dam where we had a snack and then portaged our boats and gear over the dam. We then had a few rapids before entering Eagle Lake. The water was glassy smooth which was a nice change from Chamberlain. We ate lunch on the water and then paddled to these old abandoned logging trains. It was so cool and they were huge! After that we paddled on to our campsite, Pump Handle. It was a great day and we are getting strong.

### **July 8th**

We slept in until about 6:00 a.m. this morning! We pushed off the shore an hour later. After 20 minutes of hard paddling with intense tail winds, we decided to sail. We talked and sailed while the wind did the work, we were able to sail for about 2 hours and made it to the campsite at approximately 10:38 a.m. We snacked on some GORP and swam, later we played games as a cabin and then took a nap. It was a very "strenuous" day. We all enjoyed burritos for dinner and fell asleep with full bellies and happy hearts.

### **July 9th**

We woke up at High Bank and did a short paddle to Churchill Dam. Today

we are running Chase Rapids!! They are class II and we are so excited! The ranger portaged our gear and we went down with empty boats. No one flipped! The rapids were so fun and a little scary sometimes. After we finished we got Milky Ways! Then we continued to paddle Umsakis Lake. It has been a beautiful, sunny day. We got to Sandy Point around 3:00. We set up camp and played a few games before dinner. A bunny, Janie, was hanging out with us around the campsite. We tucked in early for bed.

### **July 10th**

Our cabin woke up to the delightful voice of our counselor, Courtney.

We packed up our campsite in record speed and left the shore with bladders full of pee.

At 10 we continued our long portage of "a half a mile",

And ate a snack with a smile.

The boats were all loaded; the kids were all set,

And off to the races they went.

The paddle was a breeze,

And Courts was blocked up with all that cheese.

We ate our sunbutter and jelly,

And took a nap with heavy bellies.

Feasting on Gado-Gado was the end of our day,

But don't forget about the massaging train.

Kids tucked in bed, rainflies on top,

The campsite was quite enough to hear a pine needle drop

### **July 11th**

We woke up to a chilly morning but clear skies at 7:00 a.m. We left Sweeny Brook campsite at 8:15 and paddled down the Allagash for 3 hours until we stopped for granola bars on Round Pond. Then we got back on the river and stopped for lunch at 2:00.





We got to our campsite, Five Finger, at 3:00 and went swimming in the river, it felt so refreshing to swim in! We had cheesy couscous followed by caramelized apples and raisins. After med minutes we went to bed with full, warm bellies.

### **July 12th**

Today we woke up to yummy bagels at our campsite. After packing up everything, we left for the day's paddle. We arrived at Gash Falls after a long, sunny paddle. We portaged our gear and later went back to get our boats. When everyone was back, we set up camp and went swimming at the gorgeous 40-ft waterfall. After a quick tan, we ran into another group of paddlers. With some free time at hand, we amused ourselves with a game of camouflage. After pancakes for dinner we sang songs and crawled into our tents for a good night's sleep.

### **July 13th**

We woke up early this morning and left the falls! We loaded up our boats and started our paddle towards Allagash Village and the end of the Allagash Wilderness Waterway. We got to Allagash Village around lunch time and went to explore the town a little bit. We played on the playground and then ate lunch at the diner. After lunch it started raining so we all read books in our tents, played cards or sang. We had mashed potatoes for dinner and went to bed early for our last paddle tomorrow morning!

### **July 14th**

"Is everyone awake?" Most of us were. We heard Mandy and Courts officially wake us up at 7:30 a.m. We were very rested, as we got almost 11 hours of sleep! After freshening up, we filled our bellies with Rice Krispies and Cheerios. We loaded the canoes and hit

the water at 8:36 a.m. to be exact. We canoed for approximately 2.5-3 hours hitting some exhilarating rapids along the way. We arrived at the campsite, brought up the gear, and portaged up the canoes.

Then we gathered around a shaded picnic table for lunch. We spread sunbutter and jelly across fluffy loafs of bread and sunk out teeth into them. This began the waiting. We swam a bit, played cards, read books and played Shmotis. At 6:00 the white van pulled in with Alex Danz driving! She brought us pizza and our mail! There were packages of food and magazine and envelopes galore from parents, grandparents and friends. It was a great last day of trip!

### **July 15th**

This morning we woke up at 4:45 to pack up camp and load the trailer. We were on the road by 5:30 headed for WAVUS! It was bizarre riding so quickly in the van after paddling slowly on the lakes and rivers. We stopped for lunch on the way home, and then practiced our entrance at J-Scoop. We got to camp just before gathering circle for our entrance; it was great and so exciting! Afterwards we cleaned up our gear, and took our first showers in thirteen days! Overall it was a great end to a fabulous trip.

Mandy Mathias, HBC  
and Courts Bliss, JC

## **Allagash III**

### **Allagash River**

### **July 2nd**

After an early departure from Wavus, we were dropped off at Hannibal's Crossing on the West Branch of the Penobscot River. We ate a quick lunch by the side of the river and put in our canoes. It only took us about two hours

to paddle the eight miles to Big Island. We even saw a moose! We set up camp on the south end of the island.

To celebrate the beginning of our trip, each person shared their goals, anxieties, and excitements about the rest of our journey. We were lucky to have fair weather for the day and early evening before rain storms rolled in that night.

### **July 3rd**

Today was a big paddling day! We traveled up the West Branch of the Penobscot into Chesuncook Lake. We paddled across the lake and into Umbazookus Stream where we encountered a beaver dam. After paddling a long ways down the stream, we crossed a manmade dam into Umbazookus Lake. On the way we saw a total of three moose!

We had sunny weather for most of the day, but it started clouding up when we reached the start of the Mud Pond Portage trail. We spent many days at camp preparing for this portage by portaging canoes around camp. Everyone was pumped to take on our first difficult portage as a team. We worked in groups of four carrying canoes and paddles all the way to the end of the two mile trail. The muddy water was knee deep in some places, and the mosquitos were bad. The terrain of the trail was rocky and uneven, and there were several fallen trees and branches acting as obstacles. Working in groups of four allowed two girls to scout the path and help guide the other two girls who were carrying canoes. We were able to get three boats to the end of the trail before walking back to cook dinner and set up camp for the night.

### **July 4th**

After packing up camp, we went back

to our groups of four and alternated carrying boats and personal gear. First, we pumped ourselves up by cheering and chanting to cultivate positive energy. This time, we knew what the path would be like, so we were less nervous and more excited to finish strong. It had rained the previous night, so water levels along the portage trail were high, allowing us to float the boats for part of the portage. We then returned to the beginning of the trail to carry all the group gear. It was challenging, but everyone felt accomplished when we finished.

We got caught in the rain when paddling across Mud Pond, but were able to paddle all the way into Chamberlain Lake. After stopping at Gravel Beach for lunch, we paddled down the lake to Thoroughfare for the night.

### **July 5th**

We packed up camp and paddled the short distance to Chamberlain Bridge for our resupply. Everyone was so excited to see Kate, who brought us fresh clothes, packages, and doughnuts! It only took about twenty minutes to get there, but after we transferred gear and received our mail, the wind had picked up speed so that it took us over an hour to get back. Since there was so much wind, we stayed across the ways from Thoroughfare at Boy Scout for the night and enjoyed a much needed rest day.

### **July 6th**

We woke up at 5 a.m. to beat the wind and headed out on to Chamberlain Lake. We were paddling against high winds again, so we stopped at Gravel Beach to wait until the wind and waves calmed down. Around 4 p.m., the wind calmed down, so we enjoyed a sunset paddle all the way up Chamberlain Lake and stayed at Lock Dam for the

night. We didn't get to camp until about 7:30, so we ate a quick dinner and went right to sleep.

### **July 7th**

We woke up at 5 a.m. to make up for the time we lost on the windy days. We ate breakfast and packed up camp by 6 a.m. and paddled on to Eagle Lake until about 10:30, taking a few breaks. Thankfully, the water was calm today, so we made great time. Since it was cloudy and breezy, we sailed our canoes by tying a tarp to our paddles. We were able to sail our canoes for about an hour on Eagle Lake, before resuming our paddle through Round Pond and on to Churchill Lake. We set up camp by 2:30 p.m. at High Bank and had a calm afternoon before eating dinner and going to bed.

### **July 8th**

This morning, we woke up around 6:30 to allow enough time to make pancakes and pack up camp. We paddled the short distance to the Churchill Ranger station where we checked in with the ranger and prepared for Chase Rapids. We spread out the boats while going down the rapids so we wouldn't run into each other. After 4 miles of navigating rapids, we stopped at Bissonette Bridge for lunch, and then continued our paddle down Umsaskis lake and into Long Lake. Since the Jalbert campsite was occupied, we paddled across the way to Sam's, where we set up camp and settled down for the evening.

### **July 9th**

Today we woke up around 7 a.m. and made hash browns for breakfast. We portaged our boats and gear the short distance around Long Lake Dam and enjoyed a leisurely paddle to our campsite at Sweeney Brook. We saw four moose today, including one that

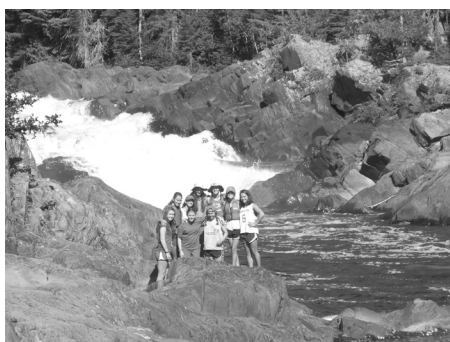
swam across the lake in front of our boats. In addition, we noticed several bald eagles flying low over our heads. We arrived early and had a peaceful day of reading and lounging in the sun. Our paddle today was short, but the scenery was absolutely beautiful. We were thankful to be able to take it all in and get some rest. After dinner, we made an apple cinnamon dessert that had everyone feeling accomplished.

### **July 10th**

Today, we paddled through Round Pond and on to the river. We went down a few sets of small rapids and stopped at Croque Brook for lunch. During our paddle today, we saw even more moose, including a moose family. It was so amazing and made it feel like we were truly in the wilderness. We continued down the river and set up camp at Five Finger South. After dinner, our cabin worked together on an experiment to make cinnamon buns out of pancake mix, which turned out to be delicious. We shared our "rose bud thorns" for the day and settled down for a good night's sleep.

### **July 11th**

We woke up to a beautiful, sunny morning and packed up camp. We paddled the short distance to Allagash Falls, where we would be staying for the night. We carried all of our personal and group gear to the campsite, about a quarter mile down the trail. We ate lunch at the campsite before portaging all of our boats to the end of the trail. Everyone portaged the boats in a group of two, and we were able to carry all boats to the end of the trail without taking any breaks. Everyone felt accomplished! We rewarded ourselves by swimming beneath the falls for the remainder of the afternoon and soaking up the sunshine.





## **July 12th**

After a good night's sleep and a hearty breakfast of oatmeal, we packed up camp and left Allagash Falls. We had a very relaxed paddle, but the water was very low in some areas. It was difficult to navigate, and we had to get out and float our canoes in some really shallow areas, but we still had fun.

We left the official Allagash Wilderness Waterway today, and it felt weird to see houses and a road after being in the wilderness for so long. We set up our tents on Debbie's Field near the start of the St. John River. We spent the afternoon napping, reading, playing cards, and running around. We ate a filling dinner of pesto pasta and ended the night early, as we were all very tired. We enjoyed looking at a beautiful sky while the sun was setting.

## **July 13th**

After a relaxed morning and some yummy pancakes, we started paddling down the St. Johns River. We stopped along the way to take a dip in the river and clean ourselves with biodegradable soap. The water levels were pretty low, so we had to get out and walk our boats for some parts. We ran three sets of small, but fun rapids.

After stopping for lunch, we paddled to Pelletier's campground for our last night of camping. Hannah brought us pizza and snacks, and we ate it right up. We shared some of our favorite moments of the day with "rose bud thorn" and celebrated being finished with our trip. After a long day, we fell asleep to the sound of rain.

## **July 14th**

We had an early wake up to finish loading the canoe trailer and our gear. Hannah came to pick us up, and we

had a long drive back to Wavus. We stopped for lunch at Panera and made it back to camp around 1:45. We had a grand entrance and cleaned all of our gear and the van and were rewarded with J-Scoop for dessert. We had a great time on trip, but it feels great to be back at Wavus.

Zoë Nahatis, HBC;  
Cullen La Pointe, JC;  
Taylor Boucher, JC

## **Allagash IV Allagash River June 28th**

We drove 5 hours to Hannibal's Crossing where we got dropped off by Hannah. We waved goodbye as she left us to start our journey down the Allagash Wilderness Waterways. The bugs were horrible, but we found ways to combat their attacks. We made lunch before we put our canoes in and headed out on our way.

Our paddle was 8 miles long of leisurely paddling down the west branch of the Penobscot river. We sang, laughed, told stories, and had a great first day. We wanted to go swimming, so our counselors took a safety precaution and tied our lifejackets to ropes and held on to us while we swam. It was hilarious, we cried laughing. We dried off and made bacon burgers and called it an early night to get a good night's rest for the next day.

Katie

## **June 29th**

Today we paddled down Umbazookus Lake, the weather was beautiful and we had a splash fight the entire day. We came across a bridge that we had to portage over which did not take long at all. On the other side of the bridge was a marsh that twisted and turned so much that we felt like we were in a log flume ride. We had to paddle up and over a beaver dam and

through an open dam which was fun and a little challenging.

We finally made our way into Mud Brook and started searching for the Mud Pond Portage Trail. After about 45 minutes of paddling we found the cairn that marked the trail and started hauling our gear the few hundred yards to our campsite, and brought the canoes all the way to the road. We headed to bed after eating burrito bowls. Katharine

### **June 30th**

Mud Pond. This is it, the day that every camper hears stories about, all the hype that has been built up. We were ready to take on the challenge, but our idea of what Mud Pond was supposed to be like was completely wrong. Instead of a pond of mud, it was more like a very narrow trail submerged in mud that was sometimes up to our knees, and a few fallen down trees blocking the path. We started with the gear, and took it as far as we possibly could, but eventually we got tired and decided to leap frog the rest of the gear.

It was a slow start at first, but we started to get in the hang of things and owned Mud Pond. We had to portage our canoes for two miles, we had some practice at camp, but nothing could prepare us for this. We learned how incredibly strong and determined we were, and that no matter how large the challenge, we could conquer anything as a team. We finally finished Mud Pond around 4 p.m. and cheered and celebrated that our hard work finally paid off. The day was still young, so we paddled across Mud Pond and went through a quick set of rapids to Chamberlain Lake to set up camp. We stayed at Ledge Point and watched the sun set as we ate pasta. Dani

### **July 1st**

Today we paddled down the rest of Chamberlain Lake to Chamberlain Bridge to meet up with Logan for our resupply. We traded all of our nasty muddy clothes and trash for new food, fresh fruit and new clean clothes. We ate as much food as our stomachs could handle and said goodbye to Logan as we headed out to finish the rest of our trip. We headed back up Chamberlain Lake which was a pretty long paddle, but we kept ourselves entertained by singing and sharing stories. We finally made it to Donnelly Point where we ate veggie burgers and smores!! We headed to bed and got ready for our early morning to beat the headwinds.

Lily

### **July 2nd**

Today we had to finish Chamberlain Lake; we woke up really early to beat the headwinds. We had bagels while watching the sunrise and loaded up our canoes by 6:30 a.m. We headed out on our paddle to Pump Handle campsite and made a few stops on the way. The first stop was at an old abandoned locomotive site. There were two trains that had been left behind because it was more efficient to just leave them there. We had lunch at the trains, cooled off in the shade, and made our way to Farm Island to fill up our water bottles.

We were absolutely exhausted from the sun and the paddling, so while the counselors filled up our bottles, some of us took naps. We headed through Round Pond and came across a bridge that seemed like a perfect place to do some jumping. Our counselor Krista jumped off first to check to make sure it was deep enough and gave us the okay to jump. Only a few of us jumped at first, but slowly everyone got enough courage to take the plunge

off the bridge. We jumped quite a few times, and then headed out to continue paddling.

After we were finished, we jumped in our canoes and headed to our campsite. However, our campsite was taken by a couple with dogs so we made a decision to keep going instead of share the site with dogs. This decision was a great one because we ended up at the most beautiful campsite with a great view of the sunset. We ended the night with boboli pizzas, but had a hard time sleeping because the thunderstorms.

Jordana

### **July 3rd**

We got to sleep in a little more than usual today because of the weather, but once we hit the water, the sun came out and the weather was perfect for paddling. We passed the campsite that we wanted to have lunch at, so we pulled over and ate on a small peninsula and played mafia while we took a break. We continued to paddle up Umsaskis Lake and made it pretty far, but somehow the winds picked up and it became unsafe to paddle any further. We turned around and went back to the nearest campsite and called it a day, we would just have to try again tomorrow. After we refueled, warmed up, and ate lunch, an elderly man came up to us and told us a story about how Catty-Whompus saved the Maine forest. We made warm chili with pasta for dinner and headed to bed early to get an early start for our long day of making up lost time from today.

### **July 4th**

Today was definitely one of the most eventful yet. We woke up around 6 a.m. so that we could be the first canoe group to the ranger station to beat the crowd and get our gear taken to the end of Chase Rapids. When we

got there, the ranger had to go help another ranger whose motor had died so we waited about an hour and a half. We passed the time by playing a lot of rounds of "Mafia" and "Zoo". When the ranger returned, we loaded all of our wanigans, coolers, and boundary packs into his truck and quickly portaged about 100 yards over to the beginning of Chase Rapids. We started down the class 2 rapids very well!

It was smooth sailing through the rest of the rapids. Communication was great and the rain stopped for most of it! A lot of us sang Pocahontas and took in the beauty around us. We stopped for lunch at the end of Chase Rapids where the ranger had left our gear around 1 o'clock. We had a delicious lunch of peanut butter, coconut, honey, and craisins sandwiches! Lilly didn't feel too great at lunch but that quickly passed. We continued paddling. There were supposed to be thunderstorms but, luckily, the weather stayed completely clear for us and we made it to our campsite before dinner! We had a delicious dinner of grilled turkey sandwiches with mac and cheese inside the sandwiches (courtesy of Chef Krista) and then had peanut butter and Oreos for dessert!

### **July 5th**

Today we woke up on the later side and had amazing apple and cinnamon pancakes! Krista cut up apples and made a great brown sugar, apple topping that she drizzled on top of all of the pancakes. So delicious!

We started out lake paddling but the headwinds were absolutely insane so we had to turn around and paddle about two minutes with the tailwinds back to "Sam's" campsite. We set up two tents and all of us piled in and read books, napped, and told stories. After a

nap and lunch of sun butter and honey, a fellow canoer who had also stopped at Sam's campsite told us a story about Catty Wompus and his rescue of the Maine forest.

After reevaluating the headwinds, we decided to stay at Sam's campsite for the night because of the extensive headwinds and declining light. We made a great bowl of chili and mac and cheese. It was pretty buggy but we had a great sunset and all hung out on the beach at the campsite taking pictures, playing quizzes, skipping rocks, and snuggling.

### **July 6th**

We woke up very early this morning in order to make up for the lost mileage from the previous day and beat the headwinds. We had a quick breakfast of Honey Bunches of Oats and started back out on Long Lake. Since we beat the headwinds, we cruised through the entirety of Long Lake.

When we finished Long Lake, we headed into one of the 1400 Round Ponds in the state of Maine. It was still pretty cold, but the scenery was beautiful. We paddled for about twelve hours today to make up for yesterday's unexpected rest day, but it went by so fast because we went from lake to pond to river to stream all while singing songs and debating about the ethics of Kant and Bentham. That night we had pasta for dinner under a tarp made by Casey, Grace, and Katie.

### **July 7th**

When we woke up, it was still sort of raining, so we set up the tarp and ate our bagel breakfast. We put on our rain gear, loaded our canoes, and were super excited to get to Allagash Falls. When we were canoeing, it was almost as if we were going through an enchanted forest because of the really

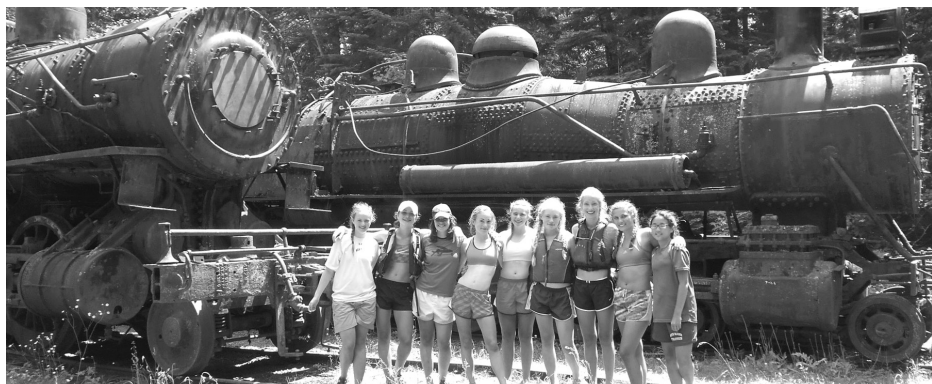
tall trees and random, cool islands throughout the river. In some parts it would get really shallow and the water was almost clear. In other parts it was like a mirror.

We all discussed everyone's spirit animal before lunch and during lunch. We decided that Katie was a badger (because it is Hufflepuff's house animal), Casey was an old dog, Grace was a killer whale, Lilly was a horse, Cricket was a beautiful mule, Katharine was a young horse, Nettie was a deer, and Grace was an owl. We couldn't decide what animals Clara and Danielle were.

After that, we tested out the area's echo abilities by screaming random things as loud as we could. The echo was actually so good though and we could hear the words being repeated almost five seconds after we would scream random phrases or words.

When we arrived at the portage trail for Allagash Falls, Grace and Katharine led so we wouldn't miss it. We waited for two very nice older men to move their canoe first because we had so much stuff. Katharine and Danielle offered to help the older man, who ended up being a very interesting man. He had hiked Mt. Kilimanjaro at age 71 and was still going on canoe trips with his son. Once they helped carry his stuff, our entire group started bringing our gear to the second campsite at Allagash Falls, which was the biggest. Once we finished with our gear, we went back and portaged our canoes all the way to the end of the portage trail which was about a 1/3 of a mile. We began to set up our tents at the campsite and then the man whom Katharine and Danielle helped came over to our campsite and gave us some firewood. It was extremely helpful having their





kindling when we cooked s'mores after our cheesy pasta. Nettie and Krista pumped water for about two hours that night for our water bottles.

### **July 8th**

We woke up pretty early again so we could get out of the campsite before the other groups and had VERY chocolatey oatmeal. We packed up our campsite and headed to Allagash Falls to jump off rocks, with our life jackets on, of course. Luckily, the clouds broke and we had gorgeous blue sky as we jumped off of rocks next to an incredible waterfall.

Once we finished jumping, we loaded the canoes and started canoeing to Debbie's field for our campsite that night. It was awesome river paddling and the sun felt so amazing. Once we got to Debbie's field, we set up our tents and some people went to the playground right next to the campsite. We had a great dinner of pesto pasta and Luna bars for dessert.

### **July 9th**

After a pretty relaxed morning of S&M pancakes, we hit the river for our last day of paddling. The weather was very bipolar and would randomly start raining and then the next minute it was extremely sunny. It was so weird paddling next to a road because we hadn't seen civilization in about two weeks.

After about two and a half hours of paddling and three sets of awesome rapids with some shallow water and a lot of singing, we arrived at Pelletier's campsite, our final campsite. It was a beautiful campsite with a fire pit and picnic tables with covering from the rain! It was kind of buggy so we built a fire and then some of us went swimming with Krista. Eric came around 6:30 and brought us burgers

and mail from Wavus. We made bacon burgers on our Coleman that were absolutely delicious and then we had so much candy and whipped cream from care packages. After that, we all went into our tents and stayed up and talked about how awesome our trip was. It was a great ending to an amazing trip!

Krista Cote, HBC;  
Grace Muller, JC;  
Casey Ross, JC

## **Long Voyage I**

### **Long Voyage**

#### **June 28th**

We started off our trip with a 4-hour drive from Wavus to Cowan's Cove campsite on Moosehead Lake. The campsite was spacious and had a great view of the cove and surrounding mountains. The weather was nice, sunny with just a few clouds. After Joe dropped us off at the campsite we set up our tents for the first time and had deli sandwiches and fruit for lunch.

Afterwards, the girls went swimming and then started to read the Divergent series with the counselors. Dinner was delicious Coleman-made pepperoni pizza. We decided to go to bed early that first night so that the next morning when we woke up at 3:30 we wouldn't be too tired.

#### **June 29th**

Lucky for us, Day 2 was the first sunrise paddle of our trip. We woke up and had some bars and then paddled from Cowan's Cove campsite to Hardscrabble Point on the beautiful Kineo Island. Because we got there so early, we decided to make a second breakfast of bacon, egg, and cheese sandwiches, which were delicious!!

The group was excited to keep going so we pushed past some winds to get to Kelly's Wharf campsite. This was

our favorite campsite of the entire trip. The weather was warm and sunny, and the campsite had a large and spacious beach with small stones that got larger as the water got deeper. The lake was so clear that you could see all the way down to the bottom even in deep water. The girls had a great time swimming and reading on the beach. That night we had cheeseburgers for dinner and then some scrumptious s'mores for dessert.

### **June 30th**

Thinking that it was going to be a long day of paddling we woke up at 3:30 a.m. again for another gorgeous sunrise paddle. The water was so flat that we could see our reflections in the water the whole morning, and we saw a few loons!

After a two and a half hour paddle to our next site at Big Duck Cove, we realized we had underestimated our paddling speed because we arrived at about 8 a.m. We spent the rest of the day reading as a cabin and swimming the refreshing water. The campers cooked quesadillas and chicken and rice for dinner, which ended up being one of our favorite meals on trip. Tired from so much relaxing, we returned to our tents around 7 to get a good night's rest for the next day's portage.

### **July 1st**

After another 3:30 a.m. wake-up, we paddled from Big Duck Cove campsite to the entrance of the Northeast Carry portage road. The portage was a relatively flat two-mile road that took us from Moosehead Lake to our put-in on the West Branch of the Penobscot River. When we arrived at the portage we quickly unloaded our boats and pulled them up towards the road because there was a Kieve group right behind us. In total, the portage

took us about three and a half hours, which was much faster than we had originally anticipated! And other than the swarms of mosquitoes, the portage was relatively painless!

The counselors stopped at a store on the road and bought a few packs of bubble gum for the campers as a post-portage treat. After putting the boats in on the sunny Penobscot, we had a leisurely paddle to Thoreau's Island. We were all pretty dirty so after setting up our tents we jumped into the river and washed off with some river water and camp soap. That night we had mac n' cheese for dinner and a well-deserved dessert of Milky Way bars. Shortly after dinner we all went to sleep, feeling tired yet accomplished after a long day of portaging and paddling.

### **July 2nd**

The next morning we woke up and paddled the rest of the West Branch down to Chesuncook Lake. We saw six moose, including a baby, and two bald eagles this morning on the river!! At the opening of the lake we had some pretty strong tail winds, so we were able to sail the last portion of the river! After rounding a bend into the lake, we got caught up in some pretty strong side winds. The wind pushed us past the opening of Black Pond, and we ended up on Gero Island for the night.

Once we were at the campsite, we were thankful that there was a good breeze coming through to ward off the bugs that had been biting us for the past five days. That night we cooked up some couscous, chicken, and veggies for dinner, yum yum! Luckily for us, there was a large lean-to at this campsite which the girls wanted to stay in for the night. Unfortunately, by about nine o'clock we were hit by a

small thunderstorm that forced most of the campers into their tents for the night.

### **July 3rd**

We woke up to a flat lake that was perfect for our initial paddle across Chesuncook Lake, up Black Pond, and to Horserace Rapids. This set of rapids was flowing towards us, so it was up to us to come up with a plan to get around them. For the first part of the rapids we got out of our canoes and dragged our boats up the rapids. This was a challenging part of our trip because the bottom was slippery and we couldn't see where we were walking, so we moved rather slowly. After walking for what seemed to be a while, we cut into the woods and portaged the rest of the way to our campsite at Caucomgomoc Dam.

Once at our campsite we set up our wet tents and took our daily swim in the lake. That night we had pesto pasta for dinner (a cabin favorite) and Oreos for dessert. There was also another loud thunderstorm that night that kept most of us up until about 11:00!

### **July 4th**

On Day 7 we woke up for a cloudy and cold lake paddle. We left our site around 6 a.m. and paddled down Ciss Stream to Round Pond. On our way down Ciss Stream we saw ten moose! This was the most we had seen so far on the trip in one day. It was still so early in the morning when we reached the opening of Round Pond that we just took some time to float around in our canoes before we continued on to the far side of the pond to our campsite. Once there, we quickly set up our wet tents and tarps to prepare for a full day of rain. The girls had a fun time singing the national anthem as they attempted to dry out there soaking wet gear.

We enjoyed our fourth day of peanut butter and jelly for lunch and had some ramen noodles for dinner to warm us up. Sick of being out in the rain and cold, we got into our tents right after dinner and went to sleep.

### **July 5th**

After a week of the trip, it was the time for our first resupply! We slept in a bit and then enjoyed a delicious breakfast of S&M pancakes! Then, we paddled over to the resupply site, where we unloaded our canoes, organized our gear, and played "Sydrades" while we waited for Kate to arrive. Finally, we saw the red truck and sure enough, it was Kate! We were so happy to see her.

Once we had unloaded and repacked all of our new clothes and food, we got to open mail and packages! Then, we piled as many canoes, wannigans, and boundary bags as possible into the red truck and Kate made multiple trips to the gate at the start of our next portage trail. Once we had finished our third portage, we were able to settle into our beautiful campsite at the end of the Carry Trail. We had a quick dinner of hamburgers before an early bedtime!

### **July 6th**

Once again, we woke up to another morning of rain. Even though this was our rest day, we wanted to get closer to our campsite for the following day, so we ate bars and paddled to Edes Campsite. Luckily, this only took us 20 minutes, so we were able to enjoy our second breakfast of bacon, egg and cheese breakfast sandwiches at the campsite before 9 a.m.! We started a fire and hung out under our tarp at the picnic table.

However, despite Kate's promises of 80 degrees and sunshine, it was still very cold, so after a lunch of turkey



& cheese sandwiches, we retreated back to our tents for some warmth in our sleeping bags. For dinner, we had chicken and rice pilaf which was delicious, and then we went back to our beds for more reading and sleep!

### **July 7th**

Cloudy, again. We woke up early in order to beat the winds on Allagash Lake, so we had bagels with cream cheese or peanut butter for breakfast. Then, we started our day of paddling to Little Allagash Falls! However, due to an early morning start and enjoyable tailwinds, we made it to the campsite by 8 a.m., so we decided to continue our journey on to Chamberlain Lake in order to make the following day easier for ourselves.

However, first, we had to portage around Little Allagash Falls. It was a short portage, but exciting because Cam, Isabel, and VDubs all soloed canoes the entire way! We were also able to enjoy some rapids before and after Little Allagash Falls, making for some fun canoeing.

Once we got back into the rhythm of paddling after a day off, we were on a roll, and we quickly found ourselves cruising down Chamberlain Lake on unusually calm waters (the rain has its perks sometimes!). We were way ahead of schedule, and finally stopped for lunch, Nutella and peanut butter pitas, at Donnelly Point. We set up our tents, and after a long day of paddling, we all took a nice nap. For dinner, we had pizza!

### **July 8th**

We woke up bright and early to some beautiful SUNSHINE! Finally. Since we were so ahead of schedule, we got a bit of a late start, ate some cereal and blueberries, and paddled over to Gravel Beach for a beach day! We hung

out on the beach, read our books, and played cards while we soaked up the sun. By the afternoon, we were ready to carry on, so we ate dinner a little early and since the winds had calmed down, we did an evening paddle down to Boy Scout campsite. The water was flat and the sunset was beautiful! Once we got to Boy Scout, we started a campfire to get rid of the bugs and ate s'mores!

### **July 9th**

After our late night of paddling and s'mores, we got a bit of a later start again (7:30 a.m. wake up). We ate a quick breakfast of chocolate chip Cliff bars and peanut butter, and then paddled down to the Chamberlain Bridge Ranger Station. After KP and Molly checked in with the ranger and Wavus, we headed down to Telos Landing, battling some headwinds but beating the ominous clouds that seemed to follow us everywhere. VDubs and Isabel made a delicious lunch of grilled cheese with bacon! After this, cards, games, and chatting ensued for the afternoon. For dinner, we enjoyed the crowd-favorite meal of macaroni and cheese. Molly and Katherine were heroic in their efforts to clean up the entire pot after everyone else was full!

### **July 10th**

Certainly our most exciting day of trip thus far. After learning the day before that the rapids were going to be more intense than we expected, we got an early start, with Cliff Bars. It wasn't long before we were at Telos Dam, and we quickly unloaded the canoes and completed the short portage to the dam. Once we were at the dam, we scouted out the rapids and decided to put in on the left side of the dam. We carefully sent a boat down the rapids every 2 minutes.



Once we had everyone back together in a group on the shore, we gathered up all the gear that we had and bushwhacked back to the dam to do inventory. We were missing some important gear - particularly the food wannigan and several personal gear bags. After a morning of scouting, we were able to locate everything except for one personal bag!

Once we refueled with pep and cheese, we went back to get our canoes (back country portaging is not a fun activity). That night, we were exhausted, and had no problem falling asleep before what we knew would be an exciting next day.

### **July 11th**

We woke up early (4 a.m.), and a group of 6 paddled in the remaining canoes in to the Chamberlain Bridge ranger station (with 2 duffs and all of our personal gear and paddles). Then, the ranger shuttled everyone else and all their gear back in his motorboat, and everyone waited for Kate together at the bridge. She drove us to west side of Baxter State Park, down to Millinocket to get some new food, and then drove us all the way up the east side of the park to the Matagamon Campground.

We had a beautiful campsite by the water, and we were able to swim for the first time in a few days! For dinner, we enjoyed salad (!! ) and pasta with Ragu and meatballs. We had to build a fire to keep the bugs away. Katie and Molly spent some time talking with the local ranger, going over details for the following day. We went to bed early because we knew the following day would be challenging - 2.5 portages!

### **July 12th**

After a delicious breakfast, we quickly loaded the canoes and started

the day. We wanted to get a head start on Kieve, because their Bank cabin was behind us. Once we got to Stairs Falls, we portaged our gear like the ranger had recommended. By the time we had done this, Kieve had arrived. We let them run the rapids first, and since none of their boats flipped, we decided to follow suit instead of portaging around them.

We successfully completed the rapids, and then paddled down through Haskell Deadwater. We portaged everything around Haskell Falls, and then paddled down some rapids after the falls. Once the rapids were over, we portaged again around Pond Pitch. After lunch at this quick portage, we paddled to the portage trail for Grand Pitch, where we portaged all our canoes to the end of the trail and then set up camp for the night. It was a longer day than usual, and after a delicious dinner of fresh vegetables, we quickly fell asleep.

### **July 13th**

After a successful Day 15, we were excited for another full day. We woke up early, and completed the Grand Pitch portage. After a short paddle, we found the take-out for the Hulling Machine, and portaged around that set of rapids. As the field guide had promised, it was a rough trail with lots of mud and hills. However, we completed the portage with good time.

After the Hulling Machine was Bowlin Falls. After assessing the falls and scouting, we decided to run them with full canoes. Unfortunately, we lost some of our gear along the river when some water came into one of the canoes. We made our way across the river to Bowlin Camps, and the nice couple there allowed us to spend the night in a

cabin. That night, we played charades, ate popcorn and had a blast.

### **July 14th**

This morning, we cleaned up the cabin and all of our stuff and waited for Eric to arrive. While we were waiting, Molly and Katie attempted to scout out the boats that were stuck in Bowlin Falls. Unfortunately, the mission was unsuccessful. Finally, Eric arrived! We ate a quick lunch, then piled everything into the van and headed to Hannaford to buy supplies for dinner!

After we got to Northern Outdoors, Eric started a fire while we settled into our new campsite. Then, we started making our amazing dinner of pesto pasta, garlic bread, and Caesar salad. Once we had eaten, we sat around the fire and played charades. Then we enjoyed a final dessert of scrambled brownies. After this, we talked about our favorite and most challenging parts of trip, and then finished the night off with sparklers and a quick game of volleyball.

### **July 15th**

Our last day of trip! We woke up to sunny skies early and packed up our campsite for the final time. After breakfast, we headed to the Northern Outdoors center to start our day of rafting. We picked up our splash jackets, booties, life jackets and paddles, boarded the school bus and headed to the river! We dropped off the other rafters and then we were able to watch them raft from several sites before boarding our own raft after the Class 5 rapids were over.

After an exciting morning, we stopped for an amazing rafting lunch. Once we had refueled, we got back in the rafts for just in time for "Lose your Lunch Falls." Luckily-everything went smoothly and we were able to go over

the 12-foot drop multiple times! We were also able to "surf" which was really fun.

After a long day of rafting, we got to watch the video highlights back at the lodge. Then we got back in the van and headed south to Panera! Once we had eaten dinner, we were very excited to get back to WAVUS!! We got back early and had to sneak back to our cabin so that we wouldn't be seen before our entrance at breakfast. It was an amazing day and a great way to end our trip!

Katie Paige, HBC and  
Molly Cleveland, JC

## **Long Voyage II**

### **Long Voyage**

#### **June 29th**

#### **Wavus to Cowan Cove**

This morning we awoke to our last morning in our cabin. After dressing in quick dry attire, we headed down to the trip shed to pack our wannigans, make lunch, and load the trailer. It was Sunday, so we had delicious Wav donuts for breakfast. We headed out of Wavus at 9:50. The drive to Cowan Cove took around four hours. To pass the time our cabin listened to our cabin cds. As we entered the first dirt road, we spotted our first moose of the trip. When we arrived at our campsite we unpacked, ate lunch, and went swimming. All together, the day was the perfect way to start our trip.

Isabel, LOD

#### **June 30th**

#### **Cowan Cove to Farm Island**

We awoke at 5 a.m. and paddled out of Cowan Cove. We made our way around Harris Cove and Kineo Cove. After paddling around Mt. Kineo, we stayed on Farm Island. Because we arrived at the campsite around 9 a.m., we had a very peaceful and relaxing



day. We tried hiking Mt. Kineo but less than a mile in we decided to turn around because we were being eaten alive by mosquitoes. We had lunch after and played games, swam around, and read. We had dinner around six and went to bed early.

Margaux, LOD

### **July 1st**

#### **Farm Island to Big Duck Cove**

Today was the last day of relaxation before the real work starts. We woke up at 5 a.m. to beat the wind on Moosehead Lake. We had breakfast of hash browns and bacon and then paddled about five miles. There was a little wind crossing the lake but once we got to the shore, it was calmer. We paddled along the shore to Big Duck Cove and checked out a couple of campsites before deciding on one with a rocky beach and relatively flat ground covered with pine needles. There was a small rocky island about thirty feet away from the beach that we spent most of our day on. The island provided relief from mosquitoes and a nice place to relax. We ate chocolate chips on the island and used the melted chocolate as war paint. We had mac salad for lunch and Hannah Flagg made sushi for dinner. It was absolutely delicious. We talked about our day tomorrow and cleaned up before going to sleep early to prepare for the Northeast Carry.

Hannah, LOD

### **July 2nd**

#### **Big Duck Cove to Thoreau Island**

Today was the longest day so far. We paddled six miles to the start of the Northeast Carry, portaged our gear (a total of about 10 miles), and then paddled two miles on the West Branch of the Penobscot River to our campsite. We awoke up at 4:30 a.m. and arrived at our campsite around three in the

afternoon. Even though the portage was very exhausting and painful, it was rewarding and tested our teamwork skills. The feeling after finishing was so rewarding, not only because we accomplished it but because we all worked together and helped each other in the end.

Austin, LOD

### **July 3rd**

#### **Thoreau Island to Canvas Dam**

Today we paddled about 15 miles down the West Branch of the Penobscot River, into Caucomgomoc Stream, and then Black Pond. We slept in till 7:15 and paddled as we bonded a lot by singing, playing geography games, and discussing in depth how the Hunger Games (Wavus/LV 2 style) would play out. We were sore and tired from the day before, but it was a fun day. We got to the campsite and read and looked at the view. We made couscous for dinner with sweet potatoes. It was very, very good. Some of us brushed our hair which was pretty difficult. The bugs at the campsite were not that bad.

Sophia, LOD

### **July 4th**

#### **Canvas Dam to Horserace Rapids**

Today our cabin had a leisurely start. We awoke around 6:00 and had oatmeal for breakfast. Since last night there had been a thunderstorm (which we soon found out was a hurricane), we spent extra time emptying our canoes of water. Around 7:00, we set out for the six-mile paddle to Horserace Rapids.

After arriving at the rapids around 10:00, we started the tricky adventure of dragging our canoes upstream. It was challenging to find footing on the slick rocks and fast current. We reached a portion with huge rapids and decided to carry around. After reloading the canoes, we dragged for another twenty

more minutes and before we knew it, we arrived at the dam. Because of the cold weather, everyone took naps, wrote letters, and read for the remainder of the afternoon. In honor of the fourth of July, we had macaroni and cheese and scrambled brownies. Then we explored the dam.

Isabel, LOD

### **July 5th**

#### **Horseshoe Rapids to Round Pond**

We woke up near 7:30 a.m. due to the rain. We had some delicious oatmeal for breakfast, then portaged our gear and our canoes across the dam. We had a hard time paddling due to the strong headwinds. We paddled for a good three hours and saw an 'animal - part horse - part bear - part moose'. We stopped for lunch at the bridge and had pb&js. We then continued to paddle another hour until we got to our campsite a little after 4 pm. We saw LV1 and hung out, read books, and after had some fancy potato & cheese dinner. We then took pictures and went to sleep anxiously awaiting resupply tomorrow.

Margaux, LOD

### **July 6th**

#### **Round Pond to Allagash Lake**

Today we slept in and had S&M pancakes for breakfast. We hung around for a while and got our gear ready for Logan and Kate. Our resupply came at around 10:45 a.m. We unpacked our resupply bags, food, and mail. We got lots of candy and packed some of it for trip. Then we loaded up the truck and drove to a gate, riding in the back of the truck. It was a mile portage to Allagash Lake, which took about an hour and a half. We ate turkey sandwiches and raspberries for lunch with some candy for dessert. We then paddled three miles to the Ice Caves

campsite. We had cheeseburgers with bacon and avocado for dinner which was delicious. It was a good day with a mix of fun and challenge.

Hannah, LOD

### **July 7th**

#### **Allagash Lake - Resupply**

Today was our rest day so we slept in and had breakfast around 9:00. After breakfast we took a short hike up to the ice caves. It was a cave in the ground that was big enough for one person to fit in at a time. The rock was white around the entrance which is why we thought it got its name. After that we all swam despite the rainy weather. For lunch we had turkey and cheese sandwiches and for dinner we had stir fry.

Austin, LOD

### **July 8th**

#### **Allagash Lake to Little Gash Falls**

Today we paddled about six miles from the Ice Caves to Little Gash Falls. We had bagels for breakfast. It was windy by the time we left, but in our favor. We sailed to the stream opening which made the lake paddle much shorter. Then we did the rapids which were shallow, but fun. We arrived at the campsite by 9:30 and portaged to our spot where we relaxed, swam, ate, and read. We had pizza for dinner and s'mores for dessert. Some of us learned how to make a fire. The sun came out, which was nice. We watched the sunset which was beautiful. Then we explored and admired the falls. It was a really gorgeous day.

Sophia, LOD

### **July 9th**

#### **Little Gash Falls to Gravel Beach**

We woke up around 5:00 at Little Allagash Falls. After a quick paddle, we began our paddle to Chamberlain Lake. On the way, there was a brief rapid stream with a two-foot ledge. We paddled into the lake and stopped for

lunch: sun-nut butter and jelly. We also indulged ourselves with some resupply candy, and then set off to finish our paddled. We spent the night at Gravel Beach. For the afternoon our cabin read, relaxed, and played NURTS! We ate pesto pasta for dinner then fell asleep.

Isabel, LOD

### **July 10th**

#### **Gravel Beach to Fields**

We started off the day at 5:15 a.m. at Gravel Beach. After granola for breakfast, we made our way down the second portion of Chamberlain Lake. Then we stopped at the ranger station to look at the weather and catch up on world events. We then sailed part of Round Pond and Telos Lake. We ran into some girls from LVI, and they told us about how their trip was going. We then had couscous with sweet potatoes and cheese. We then went to bed rather early awaiting our next day of trip.

Margaux, LOD

### **July 11th**

#### **Fields to High Bank**

Today, we woke up at around 7:30 and found out that because the water was too high, we would not be running Webster Brook. Therefore, we were going to paddle to a campsite near the ranger station and then get taken around the rapids the next day. We ate oatmeal for breakfast and paddled to the ranger station, where we saw LVI. The campsite that we wanted to go to was taken, so we had to go back to another one.

We made mac n cheese for lunch and went swimming in the afternoon. We all appreciated the nice weather. At around 10 pm, Hannah Flagg brought us chocolate cupcakes with vanilla frosting. We all came outside and ate them in the dark. It was great. Thank you, wizards.

Hannah, LOD

### **July 12th**

#### **High Bank to Matagammon**

Today we woke up around 7 and paddled to the ranger station. Kate came in the van and we loaded the canoes into the back. We ate doughnuts and drove to our campsite because we could not paddle Webster Brook due to dangerous water levels. At the campsite, we swam down the river, letting the current take us. We did this about seven times. For dinner, we had a treat of pizza, chips, and Oreos from a nearby store at the campground. It was a very hot day, but it cooled down as it got later. After dinner, we played games and then went to bed.

Austin, LOD

### **July 13th**

#### **Matagammon to Grand Pitch**

We left Matagammon early in the morning after a nice breakfast of oatmeal. We had 2.5 portages. Hannah and Isabel hit some rapids, but they made it down with all the gear (the rest we picked up). We hit more rapids and it was really fun. We came across a bunch of Wavus gear and canoes. We took the gear with us. The portages were challenging, with rough terrain and a lot of bugs, but we got through them with ease. We arrived at the campsite around 11 and did the half portage around the waterfall. Then, we set up tents and ate our second lunch. Our first was sun butter and PB. Our second lunch was couscous. Then, we ate sun butter and then potato pearls/pancakes. We were stuffed - good times. Then we chilled a bit and went to bed around 3:30/4:00 p.m. I guess that's really early, but we were exhausted.

Sophia, LOD

### **July 14th**

#### **Grand Pitch to Whetstone**

Today we completed one and a





half portages, including the Hulling Machine. Although it was a tough portage, we kept a constant smile on our faces and laughed every minute possible. When we completed the portage, we paddled downstream and did Bowlin Falls. At Bowlin Camps we saw LV1, so we gave them the extra gear we found. We continued paddling until we got the Whetstone where we finished off the day with chili.

Isabel, LOD

## **July 15th**

### **Whetstone to Northern Outdoors**

Today was our last day paddling. We woke up at 5 and got into our canoes by 6. We started the day with a few rapids and paddled a total of 16 miles. We saw a deer, eagles and a baby deer even swam up to our boats! We got to the boat launch near 12, and Paul was there to bring us to river rafting. Before getting into the van, the wizards brought us our mail and gave us cold cuts. Yum. We then proceeded to get into the van and drove up to Northern Outdoors. We then saw the slideshow of the LVI girls' day rafting, and then we played volleyball. We ended the night with some savory burgers with bacon and some nice avocado.

Margaux, LOD

## **July 16th**

### **Northern Outdoors to Wavus**

On Day 18 we woke up at the rafting place at six and ate strawberry yogurt with berries and granola. By seven, we were in the lounge getting outfitted with rafting jackets, lifejackets, and helmets. We took to the river on a bus with Kieve and put in at a dam. Our guide was named Ted, and he was really nice. All nine of us including Paul were in one raft, and there were two other boats. The first few rapids were class five, and the rest were class

four. Lunch was GORP, hot chocolate, pasta salad, fried rice, and a choice of steak, chicken, salmon, or veggies. After lunch, we went over Lose-Your-Lunch falls a few times and one time, the knuckle of the boat broke off. On one of the later rapids, Hannah Frater got launched out of the boat on a big wave, but everything was alright. We drifted for a while and got to swim. Ted let us jump out of the boat during one of the rapids. After rafting, we went back to the lodge and watched videos of the rafting. We got Panera on the way back to Wavus and went to J-Scoop. It was an amazing day. Hannah Flag, HBC

## **Maine Trails**

### **June 26th**

This morning we woke up early to make last minute preparations for our 22-day journey. Despite the persistent rain, we were able to load our trailer and gear in record time. With time to spare, we enjoyed some hot chocolate in a beautifully decorated Jewell before the rest of camp joined us for our last breakfast. After bidding our farewells, we hopped in the van for our short ride to the boat landing in Friendship.

We loaded our kayaks, then pushed off shore, ready to island hop for the next 5 days. Our paddle was short and sweet and we arrived at our campsite on Otter Island in about 2 hours. We spent our afternoon eating a lunch of cold cuts and berries, then napping and reading. When we awoke from our naps, we headed to the rocky beach adjacent to our campsite to begin preparing a tasty meal of bacon cheeseburgers with avocado. We finished off our night with scrambled brownies and talk of our goals and aspirations for MT. Before heading to bed, we all agreed today was a

fantastic way to start what is to be an unforgettable adventure.

### **June 27th**

This morning we woke up around 7 and had a slow morning breaking camp. After sausage, egg & cheese sandwiches for breakfast and a game of ninja, we departed. We paddled a short ways to Black Island, where we had wanted to set up camp and take a day paddle from. After deciding it was too close to Otter, we headed to Thief, where we found Kieve's Maine Trails had already occupied the campsite who graciously offered the campsite to us for the next night.

With a new plan in mind, we paddled around the west side of Louds Island and stopped at a beach there for a relaxing lunch and quiet time. We packed up and paddled the short distance remaining to the Hog Island campsite. We set up camp and spent the rest of the afternoon lounging on the rocks of our beach and enjoying the wonderful weather. A dinner of stir fry and Oreos, with a round of fun facts rounded out our very tired evening.

### **June 28th**

Today we woke up at 7 AM with a race to see which tent group would cook/clean for the day. We then ate some delicious oatmeal (we could pick 2) before loading our kayaks and dragging them to the water, which was rather far because it was low tide. We started with a calm paddle and arrived to Thief Island right when the Kieve group was leaving and set up our tents. We started our day paddle from there and saw a huge number of jellyfish and stopped at a beach to eat our delicious lunch.

We continued paddling until we arrived in a town called Round Pond and had THE most extraordinary

surprise... ICE CREAM! We walked around town before heading back to our kayaks and paddled the way back to Thief under a beautiful sky. When we arrived to our campsite, we chilled for about 2 hours, watching a beautiful sunset and thinking of the poems we could write before eating some extremely yummy chili and grilled cheese, with Lorna Doones for dessert. A dog then came as we started a game of Word Assassin... What a day!

### **June 29th**

As the sun rose over the east side of the majestic Thief Island, overlooking Muscongus Bay, the 8 intrepid adventurers were woken by the sound of Emma Murphy's soothing voice. "Wake up girls, it's not a race," she cooed. We began our day's journey with a delectable breakfast made by our very own Honor Paine AKA Paula Dean - S&M pancakes hot off the skillet and an assortment of dried fruit. After dining, we indulged in a few good spirited rounds of Mafia preceding lounging on the rocks. We resembled our pancakes as we sizzled in the sun.

We leisurely loaded our colorful kayaks and drifted toward Bremen Landing. A small encounter with the masculine Muscongus Matt AKA Mr. Hunky AKA M&M, and a quick dip in the chilled water worked up our appetites. We soon after nibbled on pitas smothered in PB, jelly, and hazelnut spread, commonly known as Nutella. There was also mustard as a savory alternative. A bittersweet farewell to our newfound friend, Muscongus Matty, was followed by a brief paddle through the Zephyr to Crow Island.

Once we disembarked at Crow, we were astonished by the island's natural

beauty and we all took a moment of silence to savor the breathtaking panoramic vistas until the realization that our tents were still packed brought us back to reality. Once boats were brought above the tide line and tents were assembled, the 8 intrepid explorers and our fearless leaders basked in the sun for a few hours of reading, napping, and chatting. The author was on culinary duty and helped in creating the mouthwatering delicacy of macaroni pasta and slightly perspiring Vermont cheddar cheese. We dressed our cheesy noodles in various toppings, including, but not limited to Red Hot, sodium chloride, and ground peppercorn. We cleaned, we poo-ed, we went to bed.

#### **June 30th**

Today we woke early in order to prepare for our first transfer to Stonington. After packing up camp in a record 45 minutes, we paddled over to Bremen Landing, where we cleaned and organized all of our gear. At 8 AM, Hannah joined us with our resupply, which included fresh food, clean clothes, and packages! Once we sorted through our mail, we hopped in the van to head north, stopping in Rockland briefly to grab lunch at Subway.

When we got to Stonington, we were taken by the coastal town's charm and the excitement of its busy, working waterfront. We hopped out of the van and made quick work of loading our boats. With a brief hello to the Kieve boys, we paddled out into the choppy waves. We paddled for a short 45 minutes to Steve's Island – a beautiful locale with white shell beaches. We lounged for the rest of the afternoon, then set up camp and cooked a scrumptious dinner of burritos. While we enjoyed dinner and

the sunset, we glimpsed a seal (which Lami named Frederick) basking on a rock sticking out of the ocean, not far from our shore. Calling it an early night, we took to our tents.

#### **July 1st**

This morning, we woke to the beautiful sight of Steve's Island. We were so happy to not have to pack up our tents and our stuff and instead to wake up slowly. We had a nice breakfast of egg and bacon burritos and a short while to read and relax before we started our day paddle to Isle au Haut around 9:30. We arrived to Isle au Haut about 2 hours later because of some strong head winds.

Once we got there, we ate some PB&J for lunch, then walked the island and met some new friends, took some great group photos, and swung on the swing set in a park we discovered. After a nice swing, we walked back to our kayaks and started paddling back to our campsite.

As we departed from Isle Au Haut, we were caught off guard by a pale boy trying to get our attention from a nearby dock. He then proceeded to lift up his shirt and flash us his icy-pale stomach/rib-cage. With that great sight, we were inspired to paddle hard and ended up back at the campsite in just an hour. From then until dinner, we napped on the rocks and diligently read our books. A few hours later, we started preparing some delicious pizzas. As we sipped our dessert of hot chocolate on the rocks, we all answered our daily question and then listened to Leah's spotlight – the first of many. With that, we were off to sleep.

#### **July 2nd**

This morning we woke early in preparation for what we thought would be our busiest day of paddling yet.

After eating a quick breakfast, packing up camp, and loading our kayaks, we said goodbye to our beloved Steve's Island, which had been our home for the past two days. With the wind at our backs, we were able to paddle at a record pace of 3 nautical miles per hour, putting us at our two potential lunch spots by 9 AM. In light of making such good time, we pushed ahead to Potato Island, where we hoped to camp for the evening.

When we arrived at Potato, we were met with the unfortunate news that we would have to continue paddling due to the island's prime location for nesting bald eagles. We continued on to Sheep Island, but decided the campsite was not fit for our group, so we paddled further to Campbell Island.

When we arrived at Campbell, we enjoyed a lunch of PB and Nutella, and then retreated to our tents for reading and napping. We emerged later in the evening to prepare a delicious dinner of pesto pasta. After dinner, Counselor Emma shared her spotlight, and then we retired to our tents yet again for a well-deserved slumber.

### **July 3rd**

Today we got to sleep in since yesterday we paddled two days' worth of mileage. So today was a rest day! After a delicious breakfast of S&M pancakes, we spent the morning reading, chatting, and playing cards. After lunch, we played cards in our tents because it was so hot. While cooking our dinner of chicken Ramen, we played some very fun games as a cabin, including Fantasy and Psychiatrist. After a delicious dessert of S&M brownie scramble, we went to bed.

### **July 4th**

This morning, after waking up at

who knows what hour, packing up tents and loading kayaks, we ate our Clif bars in anticipation of our resupply. Before we knew it, we were off and paddling to where we would be picked up by Alex! We unpacked the kayaks and loaded the extremely small trailer with all of our gear. We were all so excited to get our mail and packages, which we opened on the way to the historical BBQ restaurant where we planned to have lunch. But before we could indulge in our BBQ sandwiches, we had to load up our packs which, in only a little time, we would be carrying on our backs as we started the 100 Mile Wilderness! But the sandwiches were worth the wait and we scarfed them down.

Next thing we knew, we were off to the trail. Packs on, hiking boots tight, standing in the rain (remnants of Hurricane Arthur), we disappeared into the woods as Alex waved goodbye. Not too long after, we arrived at our first lean-to. We indulged ourselves in some of the tastiest bacon/avocado cheeseburgers of all time. After clean up, we sat down for an emotional spotlight from the leader of the day and listened to the much needed words of wisdom from Jimmy Hetherington. Then we slept.

### **July 5th**

Today we woke up early to the disappointing sound of heavy rain, but quickly got our stuff together, ate some bagels with cream cheese and set off on the trail. We hiked for about 3 miles before arriving at our first river crossing, where we found extremely high water due to the recent hurricane-induced rain. Since the water was so high, it was too dangerous for us to cross. We decided it was best to stay put and spend the night there, hoping



the river would be less dangerous in the morning. So we spent the rest of the afternoon cuddling together in our warm layers and sleeping bags, greeting the through hikers as they accumulated at our campsite, also unable to cross the river. We had a delicious meal of stir fry and were off to bed.

### **July 6th**

This morning, we woke up on the later side as the water on the river had not yet gone down. We began to break down camp around 9 this morning. Eventually, we walked over to the crossing area and went over 1 by 1 without our packs, which Emma and Leah eventually carried over. While the last of us were crossing, Kieve arrived at the river.

After we all crossed, we got on our boots and packs and began our hike. We hiked for about a mile when we hit a ledge with a beautiful view. Then we made our way down to Big Wilson Stream, which was much wider than Little Wilson, but because of this, the water was not as rough to move through. We strapped our bags to the rope and went across 1 by 1, meeting some more hikers in the process. We continued our steep ascent for the next 3 miles.

After descending from a peak, we crossed to small streams and eventually came to our last river crossing of the day. Finally, we hiked up a steep hill to Long Pond Stream Lean-To. We were exhausted after a long 8-mile day, but felt very accomplished. We enjoyed a late dinner of mac & cheese with pepperoni and a well-deserved dessert of Oreos and peanut butter.

### **July 7th**

Today we got an early start, knowing that we had a big day ahead of us. In

2½ hours, we summited our first of four peaks for the day. The mountains were difficult, but with so many goals, the group handled it well, keeping a positive attitude facing the challenges of the mountains. With many shorter snack breaks throughout the morning and early afternoon, we ended up enjoying a late lunch at the summit of Fourth Mountain. With only 1 more mountain to go, we were energized for the last chunk of our hike. The descent from the last mountain was relatively steep, but ended at the Chairback Gap Lean-to! After a filling and delicious dinner, we ended our 10.9 mile day perfectly with Lorna Doones and Nutella.

### **July 8th**

Today we slept in a little bit to rest from our long day yesterday. After a breakfast of bars, we started hiking rapidly and therefore reached the peak of Chairback Mountain quickly, where we stopped for a snack and to look at the amazing views, including the mountains of our hike tomorrow. To descend Chairback, we scrambled down rocks and we walked a few miles to the west branch of the Pleasant River.

After an uneventful fording, we stopped for lunch. After lunch, we hiked another 5½ miles to our campsite. The last 3 miles or so were mentally strenuous because we had no definitive landmarks telling us how far we had come. Finally, we had a filling dinner of cheesy potato pearls and pep before going to bed.

### **July 9th**

Today we woke early to embark on the day we thought would be the most challenging yet: the 4 peak day! We packed up quickly and had to cross the stream next to our campsite



before putting on our hiking boots. For breakfast, we had some pretty intense Pro Bars before setting off to conquer our first peak. Our aches and pains had finally begun to wear off, so we made great time on the steep uphill and made it to the summit in 40 minutes.

After a short water break, we continued onward and upward to the second peak, summiting in just 34 minutes, in time for our morning snack break.

On the way up the third peak we distracted ourselves with descriptions of the food we missed from home, making the ascent feel like it took no time at all. We hurried onwards to our fourth and final peak of the day: White Cap Mountain.

Then we were welcomed by our first open summit of the day and our first view of Katahdin. This summit was definitely a highlight of the trip for us as a cabin. It was awesome to see what we had accomplished and our final goal all at the same time. To celebrate, we dined on peanut butter and Nutella and had an extended break to take pictures and enjoy the view. During our break, we met our new friend Chris, a through-hiker from Georgia whom we assisted in helping his sick friend get evacuated from the Appalachian Trail.

After lunch, we proceeded through the last 1.4 miles of straight downhill to get to the lean-to. We arrived around 2 PM and were all able to rest and wash our hair in the stream, which was very refreshing. As we were doing this, who were to show up? Our pal Chris and his friend Wookie, another through-hiker! We hung out with them for a bit while they told us their AT stories and then started making dinner.

For dinner we had delicious penne

with pep and parm, followed by another specialty scrambled brownies, this time with left over Nutella from lunch. After dinner, we cleaned up, did rose-bud-thorn and spotlight, and all went to bed, clean, full, tired, and happy. Despite the steep up- and downhill and the dense breakfast bars, I would definitely say today was the best day of the trip thus far.

### **July 10th**

This morning we woke up at 5:30 before eating some delicious chocolate chip Clif bars. We then packed up quickly and left our beautiful campsite and our new friends. We then hiked down for about an hour, expecting the terrain to be rather easy for the day. We stopped at a lean-to after greeting some through hikers with a warm "hello," and drank a sip of water. After this small break, we continued our hike, preparing for our steep uphill of the day.

As we stopped for a snack break before summiting Little Boardman, we realized we were making very good time, which put the entire cabin in a good mood. We then hiked up and down before hitting a beautiful lake where we had lunch while admiring the incredible view. We were surprised to discover that our campsite was only 3 miles from our lunch spot and decided to try and get to it early. Around 2 PM we arrived, happy to have another afternoon to rest and write letters as tomorrow is our resupply. We ended the day with some exquisite gado-gado before heading to bed, looking forward to another great day.

### **July 11th**

Today we woke up and quickly packed in anticipation of our resupply. We ate Clif bars and began our short hike to Jo-Mary Road. We were soon

greeted by the Big Red Truck and Hannah with lots of mail, LOTS of food, and clean clothes! We continued on to Antlers Campsite after a few hours of digesting. We all took a refreshing dip in a nearby lake. Afterward, we dined on burrito soup, followed by a magical spotlight by Abby. Then we brushed our teeth and headed to our respective tents.

### **July 12th**

EMMA'S BIRTHDAY! Wellllllll... Today... was not just another day as it was Emma's birthday! So we were lucky enough to be able to sleep in until 7 and even luckier to be blessed with a breakfast of bagels, cream cheese, and berries! It was a pretty leisurely morning as we didn't have too many miles ahead of us. Soon enough we were on our way.

On the trail, we had a few encounters with Rocky the Flying Squirrel, a through hiker we met. We met him early in the morning as we broke down camp and then multiple times on the trail after that. Rocky was an interesting fellow who hiked in a kilt... not a common sight out here on the AT. Soon enough, we were at our campsite and very excited to learn we were able to have fires there. We were planning on birthday s'mores for the birthday girl. So that night, we made some kick-butt pepperoni pizzas and got to make s'mores! Bottom line, it was a well-spent day and the best birthday ever for Emma! (Hopefully)

### **July 13th**

Today was a day with pretty short mileage, so we decided it would be a perfect day for solo hiking. We started the day off right by sleeping in and having cereal for breakfast. After eating, we headed out one by one on our solo hikes. We spaced out 7

minutes from each other, hiked about 3 miles, stopped for a snack break, and spaced out again for another 3 miles before arriving at our campsite. We had some PB&J for lunch and then set up tents. Side note: the privy was GREAT. We hung out for a while until an early stir-fry dinner. We ate the stir fry, listened to Shelby's spotlight, and then were off to an early bedtime.

### **July 14th**

We woke up early in preparation for a 12-mile hike. In the morning, we summited Nesuntabunt. It was a very steep ascent. When we summited, there were beautiful views of lakes, mountains, and Katahdin looming closer than ever before. Then we hiked for a while more and took a snack break. A few more miles brought us to a lean-to where we took a long lunch break of pitas, PB, and Nutella.

Then we continued for the last 4 miles through mud and rocks. When we got to the campsite, we dropped our gear and swam in the warm lake. Then we sat in the sun by our gear, eventually setting up camp. We had a delicious dinner of pesto pasta and pep with scrambled brownies for dessert by our last campfire of trip. After relaxing and talking by the fire, we went to our tents for an early night.

### **July 15th**

Today we woke up early to finish the 100 Miles!!! The first half of the hike was a relatively gradual uphill to Rainbow Ledges. On the way, we were startled by loud noises to our right. Stopping on the trail, we were able to glimpse a moose ambling through the brush a ways away. On Rainbow Ledges, we stopped for a snack break, finding some wild blueberries to add to our GORP. The rest of the hike went by quickly and we soon reached the sign marking



the end of the 100 Mile Wilderness. We stopped to take a picture with the sign and then turned onto the road, busy with semis and logging trucks.

When crossing Abol Bridge over the Penobscot, the whole cabin was eager to reach the general store on the other side. Leah and Emma surprised us with ice cream, for which everyone was beyond excited. We then went down to the campsite, ate pitas for lunch, and relaxed by the river. Not long after, Long Voyage I rafted by and we spent a few minutes chatting with them before their raft guide blew his whistle, signaling them to hop back in the boat for the remainder of their trip. After saying goodbye, we headed up to the store again to purchase snacks and dinner. After a healthy meal of Kraft Mac 'n Cheese and chips, we went to bed in a light rain, excited for our hike into Baxter State Park tomorrow.

### **July 16th**

Today we woke up on the late side (6:30). Our counselors went to the store at Abol Bridge to buy breakfast and snacks for the morning. We started hiking along a very nice, well-maintained trail into Baxter. It started raining, but we were all still super happy, anticipating meeting the directors later in the afternoon. We took a high water bypass to avoid a couple stream crossings, then met back up with the AT less than a mile later and continued towards Katahdin Stream Campground, arriving by lunchtime. After a hot lunch of oatmeal with various toppings, we hung around until the directors (Nancy and Julie!) arrived at 4:30. We got mail, told them all about our trip, and had a delicious dinner of burgers, salad, and fruit before a very early bedtime. Tomorrow morning – Katahdin!

### **July 17th**

Today we woke up super early at 3 AM to begin our hike of Katahdin. We packed up our tents quickly and closed our packs for the final time before enjoying a breakfast of bagels, cream cheese, and OJ. We started hiking in the dark, using our headlamps to light our way. We started off well, finishing our first mile in just 20 minutes. Next we faced Julie's dreaded stairs and quickly made it above tree line to the bouldering part of the climb. We had a lot of fun scrambling up the rocks, and despite a small deviation from the trail, we made it to the Table Land without incident. After hiking for about a mile on the Table Land, we finally made it to the summit of Katahdin! Everyone was so proud and happy to be there, looking across the expanse of land we had hiked across in the past 2 weeks. It truly made us realize all that we had accomplished. It was one of the most amazing moments of our entire lives.

We ate an early meal of PB and Nutella pitas, carrots, and snacks to celebrate on the summit before taking pictures with the symbolic summit sign. As we began our descent, we realized how lucky we were to have summited when we did, just avoiding crowds of people heading up the mountain. We made the descent quickly and without incident (yay!). When we reached the base, we got our awesome MT shirts. Finally, we got in the van to head to our much-awaited pizza lunch and then back to Wavus for our entrance, showers, and clean clothes!

Emma Murphy, HBC  
& Leah Wolf, JC



## Trip Notes - Session 2

### Responsibility

#### Hog Island

##### August 2nd

Today we spent the night on the soccer field to get the girls ready for our trip. There were 16 tents on the field, and we occupied three of them. The girls wanted to have a counselor in the tent with them at night, so we had two campers and a counselor in each tent! We listened as Aileen read us a bedtime story and dozed off in our cozy sleeping bags.

##### August 3rd

Today we went to Hog Island! We loaded the van with all of our gear and then headed to Pemaquid Beach first. We stayed there for about an hour and a half, laughing, playing in the sand and splashing around in the water.

After squashing our sand castles, we left to go to Hog Island. Our gear was waiting for us on the island, so we kayaked from Bremen to Hog to set up camp. Hog Island Ryan showed us around the island, and we explored in the museum, playing with the animals in the touch tank, looking at certain things in the microscope, and reading interesting facts about Maine animals! We had a quick rain shower, but it ended shortly after we were finished watching the osprey candid camera, puffin camera, and puppy camera! We were delighted to find a full rainbow waiting for us outside, with the sun shining beautifully on the ocean.

As the counselors made supper, the girls all went into the fish house to play games with Ryan and Erin. We had delicious quesadillas for supper! After picking up, Ryan and Erin took us on a small hike to the beach to watch the sunset.



While hiking, we picked up sticks shaped like a Y to make Hog Island Dream Catchers! Ryan showed us that if you work the sand on the beach just right, you can cause the sand to liquefy, acting as if it were a water bed. We spent a lot of time giggling, jumping up and down on the sand, making mud pies, skipping rocks, and caking our faces with the clay on the beach. We headed back to camp when it started to get dark, using our night vision to get navigate us through the trail.

When we returned, we made s'mores and dream catchers! Piper had been wiggling her tooth all day, and she finally got it to come out! We all cheered for her because we knew how determined she was to lose it. To end our night, we headed out to the dock to see the breath-taking view of the stars, some of us even saw shooting stars! Ryan showed us that if we put our hand in the water and shake it, it agitates the microscopic algae and causes them to release energy, making the water glow! We all headed off to bed to get ready for the next morning.

#### **August 4th**

Today we woke up around 6:30 a.m., surprised to see that the Tooth Fairy had visited Piper! She left her a little note for her tooth! We packed up all our gear and took down the tents. We made pancakes with bananas and chocolate chips, while the kids were in the fish house hanging out with Ryan and Erin. After the meal we were pleasantly surprised that the girls made a song for us! They all sat on the stage and sung it to us as Ryan played the ukulele in the background. They also made up a play to the classic movie "Annie" and performed it for the counselors, Ryan, Erin and Aileen.

We put all our gear in a pile and loaded up on the Snowgoose. The girls got to pull up lobster traps, hold the lobsters and even got to keep one! Captain Bill pulled into a great swimming spot, and some of us jumped off the top of the boat four times! It was a little cold, so some girls opted to stay warm and dry on the boat. We returned back to Hog, had lunch, and then headed to Wavus! On the way back, we loaded up the vans with gas, and treated the girls to J-Scoop!

Krista Cote, HBC;

Greta Finney, JC; Ella Ashworth, JC

### **Junior Wavus - Respect Hog Island August 3rd**

After our wonderful wild donut breakfast, we took off for our trip! We went to Pemaquid and played on the rocks before venturing into the Fisherman's museum. We took a very informative tour before going back down to the beach and hanging out. We ate lunch at the picnic tables, with a beautiful view of the lighthouse.

After lunch, we left Pemaquid for Bremen Landing where we loaded up the Snowgoose with all of our gear. We dropped everything off and then got back on the Snowgoose lobster boat and headed into Muscongus Bay. We looked at seals, played with Blizzard the dog, enjoyed Kit Kats with Captain Bill, and most importantly, we got to jump off the top of the Snowgoose!

Back at Hog Island, we set up tents and explored the Island before starting to cook delicious burgers for dinner. After dinner, we collected firewood and went down to the beach to build a fire. We enjoyed s'mores, sang songs, and explored the shoreline before heading off for bed!





## August 4th

This morning we woke up and enjoyed a scrumptious breakfast of S+M pancakes and berries. Then, Muscongus Matt met us to go for a nature walk. We tried many different plants and wild berries that we stumbled across. We had things that tasted like pretzels and mustard and even ate sea fleas, which are actually little shrimp! When we got down to the beach we explored and searched for sea glass before the chaos began; all of a sudden, Respect found themselves in a massive mud fight! It was so much fun- we all got super messy and had a great time. Afterwards, we hiked back to the picnic area and went down to the docks where we jumped off and swam in the nice, salty water before having lunch. We took the Snowgoose back to Bremen, and of course stopped for J-Scoop on our way back to Wavus. We all had a great time on Hog Island!

Zoe Atchinson, HBC;

Leah Wolf, JC; Miranda Boe, JC



## JW- Courage

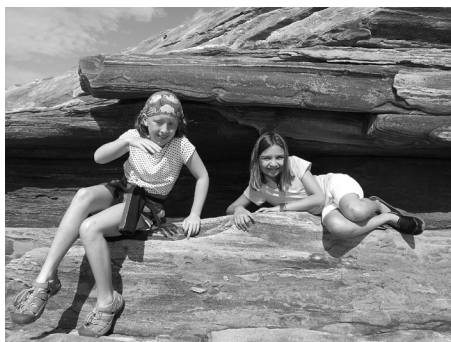
### Hog Island and Snow Goose

## August 4th

It was a perfect day to leave for Hog Island! The sun was shining and the Courage cabin was ready for an adventure. We departed camp right after breakfast to visit the Pemaquid Light house before heading to Hog Island. We explored the tidal pools of Pemaquid and toured the Pemaquid Light House. We were even able to climb to the top. We had lunch at Bremen landing before we took the boat to Hog Island.

At Hog Island everyone was ready for a swim because it was so hot out, so we changed and went on a hike around the Island to a sandy beach. En route we





stopped to snack on some of nature's specialties. We ate sand fleas, lemon grass, and fresh raspberries! When we arrived at the beach, everyone ran into the ocean to cool off. After, we collected sea glass and shells. When we arrived back at camp, everyone was tired but mustered energy for a yummy pasta dinner and a fun campfire on the beach with s'mores and some funny stories!

### **August 5th**

We woke up on Hog to another sunny day! Luckily, everyone had a terrific night's sleep in the tents. After a leisurely breakfast Courage and Kindness cabins boarded the "Snowgoose" lobster boat. We spent the morning lobstering and boating along the Maine coast, and before lunch we anchored down for some swimming and jumping off of the boat! Jane even jumped off 20 times! It was a fantastic morning. We docked up to Bremen for lunch and then it was time to head back to Wavus!

Poppy Doolan, HBC; Laura Lee, JC



## **Junior Wavus – Kindness**

### **Hog Island**

### **August 4th**

The Kindness cabin successfully conquered our overnight Hog Island adventure! We left Wavus right after filling ourselves with a hearty and healthy breakfast. Once the vans were packed, we headed off to the Pemaquid Point Lighthouse where we explored not only the view, but also the historical museum that was filled with exciting artifacts. We were lucky enough to have beautiful, sunny weather, so the girls were in bright spirits. After a few hours, we drove a short, yet exciting distance to Bremen Landing, where we decided to make turkey and cheese sandwiches.



Captain Bill, his sidekick Meg, and their trusty dog Blizzard picked us up and ferried us over to Hog Island, where we quickly disembarked the boat and unpacked our belongings. Soon after setting up our sleeping quarters, we met Muscongus Matt, our Hog Island tour guide, and went on a beautiful hike around the Island. While doing this, we were able to explore the many fruits that the island produces, as well as several edible plants- which were actually quite tasty! We then arrived at Sand Beach, where we were able to swim in the bay and relax in the sand.

Once we got back to our campsite, it was time to prepare dinner. We stuffed ourselves with cheesy hamburgers and G.O.R.P (Good ole' raisins and peanuts). After a quick clean-up, it was time to start the camp fire, which not only consisted of s'mores, but also hilarious stories that kept us laughing until it was time to head up to the tents. We all fell asleep fairly early and had a restful night.

### **August 5th**

We awoke at 7 a.m. to another bright and sunny day! Once we all changed out of our pajamas, it was time to take the tents down and pack them up. Meanwhile, S&M pancakes were being made! The pancakes were flying off

the griddle until the girls were full. We finished breakfast just in time for Captain Bill to pull up to the landing in the Snow Goose III.

After applying a lot of sunscreen we all hopped aboard and were told what would be on the itinerary. Our first activity was pulling in some lobster traps. All of the girls took turns pulling in the line and were amazed to see what was inside. Captain Bill and Meg told us all about lobsters, their characteristics,





as well as how to identify if they were male or female. After tending to the lobsters, we were able to see an island full of sun-bathing seals!

Since the sun was so strong, we figured it was time to jump into the water - and when we say jump, we mean it! The girls were able to jump off the top of the Snowgoose into the cool ocean water. Once all of the girls decided that it was time to move on, we pulled back into Hog, grabbed all of our gear and were ferried back to Bremen Landing. We then enjoyed sun butter and jelly sandwiches, went back into the van and sang the whole way home.

Mary Strang, Katie Danz,  
Meg Boynton

## **Mohawk Cabin**

### **Snowgoose**

#### **July 24th**

On a rainy morning the Mohawk Cabin traveled to Bremen for a day on the Snowgoose. After arriving and picking out life jackets for the day, the girls hopped on board, eagerly waiting what the day had in store for them. For the first few hours the girls had a hand at pulling in lobster buoys and caught three lobsters! The girls then went fishing where they caught a combined total of about two dozen mackerel and pollock.

After lunch, the Mohawk Cabin enjoyed swimming in the chilly ocean and jumping off the top of the Snowgoose. All the girls had a smile on their face as they jumped in. Before heading back to Wavus, Captain Bill gave all of the girls M&Ms for a treat. It was a great day as the sun came out and blue skies were around us.

Hannah Flagg, HBC

## **Damariscotta Lake**

### **July 27th**

After a breakfast at Wavus of homemade donuts, the Mohawk cabin headed to Cool Island for their primer. At about 9:30 we headed out of Wavus and drove to Kieve where we loaded canoes and got life jackets and paddles. We paddled for about twenty minutes on Damariscotta Lake to Cool Island. We unloaded our boats, learned how to set up a tent and ate lunch. We had turkey and cheese sandwiches and pretzels.

The rain then started and we all gathered in our tent. We played games, talked, and bonded with our tent groups. At about 5:30 we had a delicious meal of mac & cheese with tomatoes and pepperoni. Mohawk then ate marshmallows, graham crackers, and chocolate and then played zoo. We had a surprise visit from Kate Adair, learned how to brush our teeth on trip, and quickly went to sleep.

### **July 28th**

We woke up at 6:00 in the morning, took down our tents, ate cereal and grapes, and loaded our canoes. We paddled back to Kieve, where we loaded up our van and trailer in order to be at the Kieve climbing wall at 9:30. When we got to the climbing wall, the girls eagerly got climbing shoes and harnesses on and hit the wall. There were four climbs set up, so the girls had a chance to climb as much as they wanted to. At about 11:30 we had lunch and headed back to Wavus. We ended our day at the wonderful J-Scoop!

## **Mt. Blue State Park**

### **August 3rd**

After a delicious breakfast of Wavus donuts, the Mohawk Cabin traveled to Mt. Blue for their trip. The drive was





about two hours, but once we got there, we knew it was worth the drive. It was beautiful! We checked in with the ranger and then went to Webb Beach for lunch.

After a wonderful meal we headed to the Mt. Blue trailhead, where we would be camping for the next two nights. We found out who we would be tenting with and set up camp. We then traveled to Small Falls where we went swimming in incredible pools surrounded by falls. We hung out for an hour and before we knew it we were eating bacon cheeseburgers. We quickly went to bed to get rest for our hike up Tumbledown the next day

#### **August 4th**

We woke up at 6 in order to get to Tumbledown and start hiking. We had bagels for breakfast and made sandwiches for our hike. We started hiking at 8:30 and we were at Tumbledown Pond about two hours later. Everyone swam in the refreshing cold pond and even swam to an island. It was absolutely beautiful on top and we hung out for about two hours. Around three we were back down the mountain. For dinner we had Mexican bowls and then made a campfire and ate scrambled brownies, a huge hit.

#### **August 5th**

We had a relaxing morning and woke up at 7:00. We took our time taking down our tents and packing up our gear. For breakfast we had breakfast sandwiches with eggs, cheese, and bacon. Our first stop for the morning was a scenic overlook where we had circle time and talked about our trip, played games, and ate lunch.

At about 12 we headed back to Wavus. Before we got back to Wavus around 4:00, we stopped at J-Scoop to enjoy a tasty ice cream cone.

## **Cayuga Snowgoose August 11th**

Cayuga could not have had a more beautiful day to go on the Snowgoose lobster boat. The sky was blue and the sun was shining; the temperature was very hot on land but absolutely perfect on Muscongus Bay. After Captain Bill and Megan, his first mate, greeted us at Bremen Landing, we were off to haul our first lobster traps. The girls all helped out pulling the haul line, and all got a chance to hold several different lobsters. Some were too small to keep and had to be thrown back, but others were just the right size and we kept them in a bucket on the boat. After we visited all the lobster traps, Captain Bill took us over to a good fishing spot. All the girls tried fishing, and a handful ended up catching fish! Though we didn't find too many, we all had a good time!

Next we had a quick lunch while getting ready to go swimming in the cold bay water. The girls, of course, took turns jumping off the top of the Snowgoose. Everyone was laughing and yelling as they enjoyed the thrill of the high jump. Once the girls were done swimming, Captain Bill took us on tour of different harbors, which everyone found very beautiful. During our tour, we got to see a bald eagle on a rock very near us. To everyone's delight, we also came very close to an island completely filled with seals! By the end of the day, we were all very sleepy, but not too sleepy to enjoy one last visit to Jefferson Scoop before heading back to camp for G-Swim and evening activity.

Ruth Solow, HBC

## **White Mountains**

### **July 30th**

After a hearty Wavus breakfast and a beautiful drive into New Hampshire, we arrived at the Dolly Copp campsite in the White Mountains National Park at around 1:00 PM. We immediately had a quick lunch before setting up our tents.

Once we set up camp, we went for a quick but beautiful hike along the Rattle River Trail, which is part of the Appalachian Trail. The girls had a great time stretching their legs after a long van ride, and passed the time playing games as they hiked and singing songs. By the time we got back to our campsite, it was time for a dinner of hamburgers. We still had time before dark, so the girls played circle games together for a while before an early bedtime—to get ready for the next day's hike!

### **July 31st**

Cayuga woke up before 7:00 to a breakfast of cereal and berries; then it was time to set out for our first full day of hiking! We hiked the Imp Trail, which was our first really steep climb of the trip with our full daypacks. The hike was challenging, but the girls kept their spirits up by singing and playing games once again on the way up. We hiked for about two and half hours to an amazing viewpoint of the Presidential Mountain Range, where we stopped to eat lunch. The hike down was tough, but the girls impressed us all by checking to see if others were okay. The teamwork and determination that Cayuga demonstrated made the whole cabin feel more confident about the most challenging hike to come—Mount Washington.

After we hiked the Imp trail, we paid a quick visit to the ranger station for advice on good afternoon hikes we

might try before dinner. The girls had a great time hanging out in the “kids corner,” which had lots of hands-on activities about the environment for them to explore. The rangers suggested that we visit the Crystal Cascade, a waterfall about fifteen minutes into Tuckerman's Ravine Trail on the base of Mount Washington. The waterfall was beautiful, and we all had a chance to preview the beginning of the trail we'd be hiking on Mount Washington, which was very comforting to us all. Once we were back at the campsite, we had an early dinner and went to bed early after a full day of hiking.

### **August 1st**

We spent our third day hiking many shorter nature trails in Crawford Notch State Park. Tired from our hike of the Imp Trail, we decided to have an easier day before our hike of Mount Washington. First, the girls hiked a short but tricky path up to Ripley Falls, which was amazing. We all enjoyed watching people rappel down the waterfall, and the girls enjoyed playing around in the water at the base, which was very shallow and full of fun rocks to jump and climb on.

After the falls, we went to have lunch at a picnic area by the Saco River, surrounded by beautiful mountains on all sides. The picnic area had a few nature loops of its own, so we hiked the Sam Willey loop after lunch, which led us to a very shallow section of the Saco River. The girls stopped and enjoyed splashing around in the freezing water before heading over to our last hike of the day—Elephant's Head.

The Elephant's Head trail (named after a ledge that really does look like an Elephant's head!) was a really fun hike, with lots of fun climbing. It led to a beautiful view of the Crawford







Notch, and was a great hike to end on. It was most of the cabin's favorite hike of the day. We ended our third day with another visit to the ranger station (at the girls' request!). It was a full day of beautiful nature walks and amazing views—a perfect restful day before Mount Washington!

### **August 2nd**

The girls woke up with the sun at 5:00 in the morning to hike Mount Washington. Our bags and food were packed from the night before, so after everyone was dressed, we headed straight for the Pinkham Notch visitor center to eat our breakfast and begin our hike of Mount Washington!

We were on Tuckerman's Ravine trail shortly after 6:00, and enjoyed a slow and steady uphill climb to the Lion's Head trail, about two miles in. Once we got to Lion's Head, the terrain got much steeper. The girls rose to the occasion and met each challenging stretch of trail head on, smiling and laughing practically the whole way. Many of them claimed they had no idea Mount Washington would be so fun—the variety in the landscape made the whole hike new and exciting.

Once again, Cayuga demonstrated amazing teamwork. They helped each other along during harder sections of trail, took turns being leader and sweep, and made sure everyone was cheerful and comfortable. The last section of the Lion's Head trail was very difficult, with lots of bouldering, but the girls had a blast and couldn't wait to keep hiking after our breaks. That's how we managed to reach the summit of Mount Washington by 10:30 in the morning! Though the summit is known for its incredibly high winds, we were met with really nice weather conditions at the top, so we enjoyed a very early

lunch at picnic tables outside.

After an hour of enjoying the summit and fueling up for our descent, we started our climb down at around 11:30. The climb down was slow and slippery, very technically challenging. However, the girls once again proved to us their skills and positive attitudes by laughing and singing the whole way down, even during some passing rain showers! We made it down the mountain a little after 3:30, and headed straight back to the campsite to relax and have dinner after a hard eight and a half hours' worth of work!

### **August 3rd**

The girls woke up early and immediately started taking down tents and packing up their bags before a yummy breakfast of S&M pancakes. Once the van was packed and loaded, we headed straight for the Bald Face Circle Trail, a short hike that led us to the amazing Emerald Pool. The girls jumped off a high ledge into the pool, and splashed around on the rocks nearby. It was an amazing and fun way to end an incredible trip to the White Mountains. After lunch at the pool, we headed back to the van for a sleepy ride back to Wavus. On the way back, we all enjoyed some ice cream at Jefferson Scoop, a fitting reward after five hard days of hiking and camping.

Ruth Solow, HBC

### **Cherokee Snowgoose July 27th**

The morning of our day trip to the Snowgoose was foggy and overcast, but we headed to Bremen early to start our day of boating and fishing. We met the captain at Bremen landing and we loaded the coolers and our daypacks on to the boat. Since it was a Sunday, we

were not legally allowed to pull up the lobster traps, so the captain suggested attempting to see the puffins instead. We motored out of the bay and, in the first few minutes, saw the Cayuga cabin and Maine Trails both kayaking around Hog. After we said hi, we headed out and went fishing in a few different places. The girls caught almost 200 fish in total, more than any fish Wavus or Kieve cabin had caught this year, the captain told us.

Clouds started rolling in at this point, and the captain decided the waves would be too rocky to head out to see the puffins, so instead we headed to a different spot to start jumping into the water. The girls all jumped in the 68 degree water, some of them jumping close to 10 times. We made sandwiches on the boat and then headed back in as it started to rain harder. The girls had a really great time the whole day, and were not discouraged by the weather or not being able to catch lobsters.

## **Hog Island Primer**

### **July 29th**

As all 11 campers and 3 counselors piled in the van to head out on our first overnight trip as a cabin, the girls were full of smiles and excitement. Our first stop was the Pemaquid Point Light House where the girls explored the rocky coast and climbed to the top of the lighthouse. The day was sunny and beautiful, and the view from the top of the lighthouse spanned for miles across the coast and sea. The girls enjoyed walking along the rocks and climbing the biggest boulders they could find.

We continued on to Bremen Landing, unloaded the vans, and set up lunch on the deck. After meeting Matt and eating lunch, the girls prepared for the kayak ride across the bay to Hog Island. A

few of the girls were a bit nervous to kayak - some for the first time - but the calm water and sunny skies made it fun and successful for all the girls. After we arrived at the beach right next to our campsite, we organized the gear and set up the tents. We met Matt down on the dock and almost all of the girls spent a few hours jumping off the high dock and playing in the water. At 68 degrees, the water temperature was much too cold for most of the girls after a while, and we changed into dry clothes for a short hike around the island. Matt led the group along the shoreline to another cove about half a mile from the campsite. Here, the girls found crabs and periwinkles, and taste-tested the "sea pretzels," that Matt showed them. He also brought us to raspberry bushes and pointed out different leaves the girls could eat.

After this adventure, we returned to the campsite and set up dinner. The girls collected firewood for our campfire on the beach, and we all made s'mores with Matt. Once we put out the fire, we went back down to the dock to look at the bioluminescence- an incredible sight to end the day on.

### **July 30th**

The second day started out with a misty rain, so we quickly took down the tents and brought all the gear into the "Fish House." The girls played games while the counselors made breakfast. The rain had let up once we finished breakfast, and Matt led us all on a kayak ride around a smaller island next to Hog. After kayaking around for most of the morning, we pulled the kayaks in and brought all our gear down to the dock for Matt to take over to Bremen. The girls all jumped in a final time before doing a last check of the island and heading back out on the



kayaks to return to Wavus. We had lunch at Bremen Landing and then headed back to Wavus, stopping at J-Scoop along the way.

Shannon Oleynik, HBC

## **White Mountains**

### **August 4th**

We headed out of camp right after breakfast, the van full of smiles and excitement. We arrived at the Dolly Copp campsite around noon, set up tents, and made lunch. After settling in at Dolly Copp, we loaded back in the van and headed out to do a short hike for the afternoon. We did not have enough time for a longer hike, so we decided on the Square Ledge hike, a short, mile round-trip hike right across the road from Pinkham Notch. The ledge boasted beautiful views of Mount Washington across the road, and was worth the steep half mile up. It started raining as we hiked down, but we made it to the van before it started to pour. We drove back to the campsite, looking forward to the next few days of hiking. After dinner, we packed lunches and went to bed early to prepare for the long Mount Washington hike the next day.

### **August 5th**

For the hike up Mount Washington, we woke up early, around 5 a.m., to have enough time to pack daypacks, have breakfast, and drive to Pinkham Notch. We made it to the parking lot a little before 6, and began our ascent. The girls were excited to summit, and started the hike off strong as we started up the Tuckerman's Ravine Trail. The trail was wide and well kept, with views of the waterfall that followed the path for most of the way up. We made it to the Lion's Head trail in great time, and started the tougher bouldering

section. After a few more hours we made it to the summit, took pictures with the Mount Washington sign, and went into the lodge to eat our lunches and GORP. The way down Mount Washington took much longer, as the rock scramble was much more difficult to hike down than up. Along the way the girls passed the time with games and songs. After making it back to the parking lot, the girls were tired but proud of their accomplishment. Back at the campsite, we made dinner and went to bed early.

### **August 6th**

On the third day of the trip, we slept in and started the day a little later than the previous morning. After a longer breakfast, we packed up the car and headed out to do the hike up Glen Boulder. The hike started out gentle, and then rose steeply to beautiful views for the last section along the boulders. The Glen Boulder is a huge boulder that sits perched on the mountainside, and looks as if it is about to roll down the mountain. We had lunch behind the boulder, sheltered from the wind, and then headed back down. At the base, we hiked across the road to walk the short path to Glen Ellis Falls. We made it to the breathtaking 60 foot falls just as it started to rain, so we headed quickly back to the van and then the campsite. The girls loved playing rounds of mafia until dinner.

### **August 7th**

The fourth day threatened thunderstorms starting in the late morning, so, after a quick breakfast, we set out to find the Emerald Pools before it started to storm. After a little confusion about the directions, we parked the van and hiked the .7 miles to the pools. When we arrived, there were a few other groups jumping off



the rocks and having lunch on side of the swimming area. We made lunch and then almost all the girls jumped off the high rock into the frigid swimming hole. A few girls continued to jump until they had jumped into the water over 10 times. It started to thunder again, so we packed up and headed back to the campsite. By the time we got back, the clouds had cleared and we spent a few hours at the river by the campsite playing in the water and exploring around the rocks. The girls were refreshed and excited to be clean after the day's activities.

### **August 8th**

On the last day, we woke the girls up around 7 so that we could take down camp and eat breakfast with enough time for a hike before it was time to head back to camp. We were on the road by 8:30, and drove to the Appalachia trailhead where we started along the Valley Way trail to make it to Dome Rock, 1.7 miles away. We were unsure if we were going to be able to make it to the top because of time, but the girls' hiking skills had improved, and we made it to the top much quicker than expected.

The trail followed a beautiful stream with occasional small waterfalls, and then crossed the stream to continue to the steeper section. The steeper section led to a trail along open face rocks, and the views were incredible with the blue sky day and rolling hills. The girls were excited to make it to the top, and we took pictures and then headed back down. On the way down, one of the girls said to another, "Hiking Mt. Washington changed my life."

We got back in the van and headed back to Wavus, happy with all we had accomplished.

Shannon Oleynik, HBC

## **Narragansett**

### **Snowgoose**

#### **July 29th**

Today we had our first trip as a group on the Snowgoose! The weather was perfect. It was 75 degrees and partly cloudy. After we had breakfast at Wavus, we loaded into the van and headed to Bremen. Captain Bill and Meg greeted us and quickly after we boarded the boat and we were off! First, we went fishing and pulled in some lobster traps. The girls each caught a bunch of fish, which they had a lot of fun with.

Afterwards, we boated over to our lunch spot and enjoyed a delicious meal of veggie and turkey pita sandwiches. The captain also gave the girls M&Ms which they were very happy about. After lunch we changed places again and the girls were allowed to go swimming. A bunch of them jumped off of the top of the boat into the freezing cold water, which they loved. After a lot of jumping and swimming, the girls dried off and we hung out for a while in the cove playing games and talking. Then, we headed back to the dock and back to Wavus for dinner. Overall, it was an awesome day!!

Molly Cleveland, HBC

## **Hog Island**

### **August 2nd**

On the first day of our trip we woke up and had breakfast at Wavus. Even though it was raining, we were all really excited to get out on trip! We loaded up the trailer and headed to the Pemaquid Point Lighthouse Park where the girls spent some time walking along the rocks. After they were done exploring and enjoying the gorgeous views, we headed out to Bremen. Muscongus Matt met us at the

dock and boated our gear over to the island as we kayaked over.

After setting up camp, we took a hike around the south end of the island to a little beach. The girls went swimming, explored on the rocks, and had a sandcastle-building contest. Later, we walked back and made fajitas for dinner, which the girls really loved. Then Matt showed the girls how to build a fire and we roasted marshmallows for s'mores. We spent some time having dessert on the beach and did some crabbing in the ocean. Then we got our pajamas on and headed down to the dock to see some of the bioluminescence in the ocean. It was a great day!!

### **August 3rd**

The next day we slept in and had bagels and berries for breakfast. After packing up camp, we headed down to the Hog Island classroom to check out the touch tanks. The girls spent some time playing with the crabs and fish and then we went down to play on the beach. Afterwards, we had veggie and turkey pitas for lunch and some GORP for a snack. Then we brought our gear back down to the dock for Matt to take it back over and we loaded the kayaks back into the ocean.

After a short paddle back over to Bremen Landing, we re-loaded the trailer and started to drive back to camp. Matt and Captain Bill were sad to see us go. On our way home we stopped at J-Scoop for some delicious Gifford's ice cream. Then we headed back to Wavus to unpack, clean up, and enjoy a yummy Wavus dinner.

## **White Mountains**

### **August 9th**

We left Wavus with smiles on our faces as our journey to the White Mountains began! We jammed out to

some tunes on the way, and looked at the scenery in awe when we realized that we would soon be climbing some of the majestic peaks we saw from the van windows.

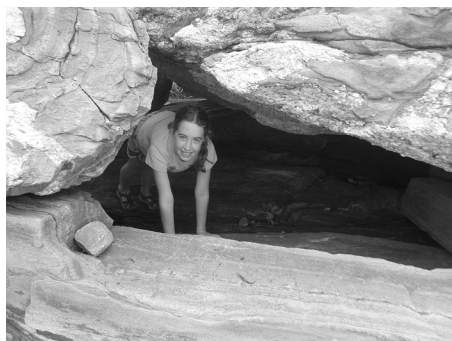
On our arrival to the Dolly Copp campsite, we feasted on turkey and hummus sandwiches, and then set our tents up. After we settled in, we piled in the van again to do a test hike on the Imp Trail. The hike went well, and on the way back, we hiked past a beautiful waterfall where we had the chance to put our feet into the cold mountain water. We returned to the campsite, and after a delicious dinner of cheeseburgers, we got into our tents to prepare for our biggest day of trip...Mount Washington!

### **August 10th**

We arose this morning before the sun, and after a quick breakfast, hopped into the van to drive to the Mt. Washington trailhead. Although we were still a little groggy from the early morning wake up, we started out, following the trail along a mountain stream. As the day became brighter and brighter, we hiked along the Tuckerman's Ravine Trail.

At the Lion's Head trail junction, we had a much deserved GORP break, and then carried on, ascending into the bouldering section. The views above tree line were awe-inspiring, and gave us even more motivation to reach the summit. Even though we were tired, we hiked away and remained positive. We finally reached the top and felt extremely proud and accomplished. We were treated to some hot chocolate, which made us nice and warm, and admired the 360 degree views.

Then, we started our descent. Even though we were tired, we amused ourselves by playing games and talking on the way down. After a lunch break



at Lion's Head, we descended back into the forest and hiked along the "endless road." Once we got back to the van, we were so happy we could cry. We headed back to the campsite, where we had stir fry for dinner and went to bed feeling very accomplished.

### **August 11th**

This morning we got a slightly later start to the day, and spent the morning making an elaborate breakfast of bacon, egg and cheese sandwiches. With full stomachs and happy hearts, we piled into the van once again and drove to the start of the Glen Boulder hiking trail. We were feeling especially strong after Mount Washington, so we hiked with a spring in our step.

Although the way up was steep, we had positive attitudes that helped us up the mountain. The view at the top was beautiful, and we could even see Mount Washington!

After a quick GORP break, we headed down, using teamwork through the challenging parts. At the base, we walked through an underground tunnel, and emerged at the top of a sixty foot waterfall. We had a late lunch at the bottom, basking in the mists of the majestic Glen Ellis Falls.

After lunch, we packed up and headed back to the campsite, where we walked to a secret stream. Girls took turns dunking their heads, while others tried to build a mini dam. We then headed back to start on dinner, which was cabin favorite - fajitas! Although the fajitas were delicious, we saved room for s'mores, which we got to eat just in the nick of time before a light rain began to fall. We went back to our tents, played cards and talked before we drifted off to sleep.

### **August 12th**

Today Maddie turned 12! We awoke

with the pitter patter of rain on our tents, but that didn't deter our spirits. We had a quick breakfast of toasted bagels and then prepared to go to Emerald Pools. We had heard about the pools from other cabins, and when we got there after a short hike in, they certainly lived up to our expectations! The water was a deep emerald green, and there were many spots to relax in the water. We spent the day jumping off the rock, exploring the stream and creating a dam.

After a relaxing lunch of sun butter and jelly, many of us read or played cards, while others continued to jump off the rock into the deep water. It was the perfect way to spend Maddie's birthday!

When we got back to the campsite, some girls were excited to help make personal pizzas for dinner, while others played a rousing game of Old Maid. The night ended in Maddie skipping around the campsite after her birthday song, and everyone indulging in homemade birthday banana bread.

### **August 13th**

We had a special breakfast of S&M pancakes to celebrate our trip. After breakfast, we all pitched in to take down our campsite quickly since it was raining. Once the trailer and the van were all packed up, we said goodbye to our Dolly Copp campsite, and drove to the Jockey Cap trailhead. Although this was a short twenty minute hike, it was a bare summit, which meant we could see the mist from the valley evaporating, which gave off an eerie effect.

We hiked back down, and continued our journey back to Wavus. After a much deserved stop and J-Scoop, we arrived back at Wav, ready to fully enjoy our last couple days of camp!



## **Omaha**

### **Bigelow Mountains**

#### **July 24th**

We left Wavus shortly after breakfast and made our way to Bigelow Preserve. We set up camp at Round Barn Campsite on a beautiful, yet buggy site right on Flagstaff Lake. After setting up our campsite and having lunch, we drove to Sugarloaf Mountain where we hiked up the access road and then up Kings Landing.

Although we got a late start, the girls made it to the top of the Super Quad where they ate snacks while enjoying amazing views of the Bigelow Mountain Range. It was fun and unique to hike up a ski mountain and it served as a nice balance in comparison to our hike the following day. After leaving Sugarloaf, we drove back to our campsite, cooked dinner and enjoyed the pristine views of the Bigelows and Flagstaff Lake.

#### **July 25th**

On the second day of our primer, we got up, ate breakfast, and headed off to Burnt Mountain. It was a sunny day, and the girls were excited to start hiking. Flatter trail along a stream at the bottom led to steeper trail at the top, giving everyone a bit of a challenge. From the summit we could see the Bigelow Mountains as well as Sugarloaf Mountain, where we had hiked the day before. Everyone thought Burnt Mountain was a fun hike. When we got back to the campsite, some of the girls swam. That evening, the girls worked together to make a fire and then toasted marshmallows for their s'mores.

#### **July 26th**

On the third day of our trip we woke up to a beautiful sunrise over the lake and mountain backdrop. After

packing our tents and gear, we cooked breakfast sandwiches and got on the road. We stopped at Smalls Falls on the way home and enjoyed the sight of a beautiful series of waterfalls and pools. Some girls went swimming while others played on the rocks and after a bit we headed home. We got to enjoy a late afternoon ice cream at J-Scoop before jumping back into camp activities. Aimee St. Germain, HBC

## **St. Croix River**

#### **August 1st**

We woke up early at Wavus to get ready for our 6 a.m. departure. We had a quick breakfast in Jewell and then packed the canoe trailer. Most of the girls slept for the ride to Castle Road and when we arrived, we unloaded the trailer and had lunch. After loading the boats we headed to our first campsite.

The weather was perfect for paddling despite some light winds against us so we paddled to the farther of two campsite options called Cedar Point. We set up camp, relaxed for an hour and then made dinner. After roasting marshmallows, we watched the sunset over Spednic Lake and then headed to bed.

#### **August 2nd**

Today we woke up after the sun was up. We got to work quickly, taking tents down and packing. Breakfast was bagels roasted over the fire and spread with cream cheese. After everything was packed in the canoes, we set off for the next campsite that was a few hours paddle down the lake and along the way we saw a bald eagle!

When we arrived at our campsite we quickly unpacked, set up tents and gathered firewood, as there were many bugs. By mid-afternoon we had a roaring fire. Campers explored the



island, played cards games and read as the day continued. The fire was kept well fed through the afternoon and past dinner. After eating we all watched the sun set and did med minutes by the water. It was beautiful and so quiet.

### **August 3rd**

We got an early start and were out of camp by 6:30 in the morning. After a short amount of lake paddling we made it to the dam in Vanceboro. Everyone did an amazing job portaging all of the gear and canoes past the dam to the put-in on the other side.

We then got on the St. Croix River, quickly experiencing some exciting rips. We made it to Little Falls where we brought our gear to the campsite and the counselors ran the canoes down the rapids. The rest of the day was spent watching other people go down the rapids, swimming, and making friendship bracelets. After pizza and s'mores, everyone went to sleep content, listening to the sound of flowing water.

### **August 4th**

Today we got a late start at Little Falls campsite and made S & M pancakes for breakfast. The girls brought their personal gear down to the bottom of Little Falls as we cleaned up the campsite. We packed up our boats and headed down the river. We hit quite a few rips along the way and we played "splash wars" during calmer sections of the river.

When we hit Loon Bay a few of the girls stopped to swim and then we continued to paddle to our campsite. We ate lunch once we arrived, built a fire to deter bugs from pestering us and then set up camp. After relaxing for a while, some of the girls swam across Loon Bay to Canada. We ended the night with dinner around the fire.

### **August 5th**

This morning we woke up at the Loon Bay campsite. We lit a fire right away after packing up because it was really buggy. For breakfast we roasted English muffins over the fire. After packing up, we started off down the river for a hard day's paddle. After a few rips the river slowed down and we relaxed and floated through a native preserve. It was very hot out but also beautiful. After floating for a little bit, it got windy and we had to paddle hard to make it to the final campsite. When we made it, there was a snapping turtle there to greet us. We tied the boats, made a fire and relaxed on our last night of trip.

### **August 6th**

On the final day we got up early, but had to wait out a thunderstorm. After the storm went by, we paddled for a little over an hour to the take out point, Kellyland. Our ride arrived shortly after, and we loaded all the canoes and gear. We stopped and enjoyed a delicious meal at Subway before making our way back to Wavus.

Aimee St. Germain, HBC,  
Caroline Wilson, JC; Kat Belle, JC

## **Ojibway Bigelow Mountains July 27th**

We departed Wavus around 9:45 and we grabbed some zucchini and squash from the garden to cook on our trip. After a decent drive we arrived at the Flagstaff Lake Huts and Trails trailhead. We did a short hike to a beach where we had a beautiful view of the Bigelow Mountains. It started to thunder so we were unable to continue. We then headed to our campsite in the Bigelow Reserve, which is located on the shore of Flagstaff Lake. Once it







stopped thundering, we set up camp, explored the area and swam in the lake. It was a beautiful day and we headed to bed with the sun so that we could get plenty of rest for the next day.

### **July 28th**

We woke up to some fog over Flagstaff Lake but we did not let that discourage us. We packed up for the day and headed off towards Carrabassett Valley to hike Burnt Mountain. The hike started off along a beautiful stream and then began to wind upwards.

About halfway up the mountain it started to pour. The girls were awesome but it became too slippery to continue up the mountain, and there was a chance of thunder. We headed back down to the van and made our way back to base camp in the Bigelow Reserve. We hung out under the tarp and in our tents until the rain stopped. We were able to watch a beautiful sunset before heading off to bed.

### **July 29th**

The next day we woke up to blue skies and packed up camp to head back to Wavus. The drive was beautiful and we stopped at Smalls Falls. The Falls were awesome and the girls loved hanging out on the rocks and hiking up along the side of the waterfall. Unfortunately it was too cold to swim. We then had a quick snack and drove the rest of the way back to Wavus!

Lindsay deMuth, HBC;

Andrea Silvestri, JC and Casey Ross

## **St. Croix**

### **August 6th**

We woke up around 4:30, packed up the rest of our gear and ate breakfast. We loaded the bus and drove about four hours to our put-in site on the northern border of Maine. We ate a quick lunch

and paddled to Birch Island. Luckily the anticipated rain held off and we had a nice afternoon of swimming and relaxing. We had dinner and a fire with s'mores. We then got ready for bed and went to sleep with the sun.

### **August 7th**

Today we woke up early to beat the wind on Spednic Lake. It was beautiful out with clear blue skies. Luckily the wind was at our backs the entire way. After arriving at the Narrows around lunch, we ate and enjoyed some swimming. We had a rest hour before dinner and watched the sunset as we did rose, bud, thorn. It was a great second day!

### **August 8th**

Today we had a five AM wake up call! We grabbed a quick breakfast and got going. Luckily we had tailwinds the entire way and we arrived in Vanceboro around 10 AM. We portaged gear (with some help), had GORP, walked to the Customs Office and then hit the river below the dam. We hit some good rapids, which the girls loved. We continued down the river and pulled off around Wingdam Rips for lunch. We continued paddling and arrived at the camp around 3:00. We swam in the river, made a fire, relaxed and drank hot cocoa.

### **August 9th**

We woke up to a gorgeous shroud of mist over the river. We had a trip classic for breakfast, S&M pancakes. We headed off to Little Falls where we ran some canoes and portaged gear. We continued down the river to another campsite for lunch and then on to Loon Bay. The campsite was on a beautiful point. We had another fire, played Mafia and watched yet again another awesome sunset over the water. It was another amazing day!

## **August 10th**

Today we paddled from Loon Bay to Canoose Ledges, where we ran some boats and hung out and ate GORP. We then paddled down through some awesome rips and rapids (the girls' favorite part of the day) to Annapurna where we ate lunch. We then paddled through some more rapids and then still water through Clark's Point Nature Preserve, where the largest eagle anyone has ever seen flew across the river in front of us. We then arrived at Egg Point and unloaded our gear, made dinner and then built a fire. We also saw a large snapping turtle that we named Noodle. The moon was practically full and Juliana and Kiki unanimously said "it was a great last day".

## **August 11th**

We woke up to another beautiful day and paddled from Egg Point to our take out at Grand Falls. We loaded up the gear and headed back to Wavus!

Lindsay deMuth, HBC;

Andrea Silvestri, JC and Casey Ross

## **Osage**

### **Bigelow Mountains**

#### **July 31st**

Right after breakfast at Wavus we finished packing our bags and gear into the vans and set out to drive north to the Bigelows! After a lot of singing in the car, we arrived at our campground, Round Barn, after noon. We started setting up camp right away with a lesson in pitching our nice new Marmot tents! We explored the area around the campsite and found a nice sandy beach with great views of Flagstaff Lake and an abandoned train, then had lunch and prepared to go on a short afternoon hike.

Unfortunately, the weather turned

right when we arrived at the trailhead and we had to return to the campground to wait out some thunder. Even though we spent a lot of time sitting in the van to be out of the bad weather, the girls entertained each other with stories and made the most of the surprise down time. After dinner we were able to play games together on the beach, and then share a campfire with a Kieve cabin that was also staying at Round Barn that night.

## **August 1st**

We woke up at normal camp time to a cool, foggy morning, and prepared for a day of hiking. The fog burned off on our drive to the Burnt Mountain trailhead and left us with sunny skies for the rest of the day - a welcome change from the day before!

The hike started next to a stream, then brought us up the mountain through a rocky, rooty forest before opening up to a rocky sub-alpine landscape near the summit. We played word games and shared stories on the hike up to pass the time - and enjoyed the fantastic views once the trees dropped away near the top! We reached the summit under our goal time, just in time for a lunch and photo break before heading back down the mountain. The hike was just right - it was challenging and felt like an accomplishment, but definitely doable!

Back at Round Barn we took some down time to swim in the lake or read and chat with friends before preparing dinner. After dinner we enjoyed a camper-built fire, some scrambled brownies, and showing our knowledge of each other by playing the game "essence". We headed to bed early after a long, satisfying day!

## **August 2nd**

Today we woke up and packed up

camp quickly with the promise of S&M pancakes for breakfast! We loaded up the vans and began the drive home, with a stop along the way at Smalls Falls. The girls were all brave enough to get in the chilly water, and most dunked themselves entirely! We explored the falls and found some natural water slides that every single girl in the cabin went down. Before long it was time to have lunch and climb back in the van to drive home, with a well-earned stop at J-Scoop on the way!

Jessi Panico, HBC

## **St. Croix River**

### **August 8th**

We woke up at 4:30 in the morning; I'm a big sleeper so prying me up that early says a lot. I was beaming with excitement because today was the first day of six on our big trip on the St. Croix River. We had a 5-hour car drive to our destination with our wonderful driver Joe. I enjoyed the ride as he sang along quite loudly to his old rock songs. We arrived at our put-in, Castle Road, where we loaded up canoes for our first day of lake paddling on Spednik Lake before we ended up on the Croix. The weather was not on our side so we paddled to Birch Island, the closer campsite.

As soon as we arrived the weather cleared up. We were all a bit bummed when the weather became all nice as soon as we got off the water. It was quite ironic. From there we set up camp and had time to relax on a big rock overlooking the lake and make many cherished memories like snuggle huddles, Carter losing her socks to some wind, Lucy jumping from rock to rock only to fall in all the way, and sharing what everybody would be in the mix of "GORP."

After that we had quesadillas for dinner! Yummy! Following dinner we went over paddle plans for tomorrow, when we were informed that s'mores would be served later, which made everyone quite happy. We sat around the campfire eating s'mores and playing intense games of essence, telephone, and mafia. We laughed and sang until dark, when we all slipped into our tents for some rest. That day is a day I will remember for years to come.

Written by Anne Seaman

### **August 9th**

Today we woke up at 6:00 and started to paddle for our full day on Spednik Lake. Paired with Greta, I paddled in the bow, and after five windy hours of belting the Frozen soundtrack and switching the words to canoe-like terms (I wanna paddle with you more) for songs, we got to our campsite at the Narrows. Without a big rock to sit on the water like the day before, some of the cabin searched in the hot sun along the shore for a spot, while others sat in tents or crazy creeks and read. After a delicious dinner of chicken pita sandwiches we gathered by the fire to eat Oreos and play group games like Essence and Mafia. I can't speak for others in my cabin, but as soon as my head hit my rolled up jacket pillow, I fell right asleep.

Written by Palmer Boothe

### **August 10th**

We woke up at 5:00. We started out on the lake - it was very foggy and there was barely any wind which was helpful. We came to the dam at Vanceboro, had a snack, and portaged gear and boats around the dam. Hitting rips after we made it around the dam put our skills to a bit more use.

We paddled for a few hours after that and came to Little Falls, a class III





rapid. Our counselors took the canoes through the rapids while we portaged our stuff around to our campsite. We put up tents and then got on our bathing suits and swam around in the river. Then we got out and relaxed in the sun and shade after our long day of hard paddling. We did 13 miles! We learned to tie bowline knots and had baked potatoes over the fire for dinner and Emily's banana pie for dessert.

Written by Sara Lewis

### **August 11th**

Even though waking up at 6:30 was early, at least it was later than the days before. After packing up all of our belongings the whole cabin was very excited for our first full day on the river. Through rips and slow water we all stuck together. I led the pack with my sternman, belting out High School Musical's infamous "We're All in This Together."

After we had finished our paddling, we found ourselves at the Loon Bay campsite early, at about noon. We spent the afternoon playing capture the flag and hanging out as a cabin. After dinner we enjoyed a fire and a competitive game of mafia, then we finally got to rest our heads on our sleeping bags.

Written by Addie Sears

### **August 12th**

Waking up at 6:30 felt nice, and we all woke up laughing when Emily pulled our rain flies off of our tents to get us up! Oatmeal for breakfast! Loading gear into canoes... there were some rips, we pulled over to the side of the river because there were Class III rapids at Canoose Ledges. We all got turns to paddle down with counselors. It was super fun! We hit some more rips, then we hit dead water, chilled on the river, and played a quick, intense game

of pirates! Some people jumped in to swim, and it felt refreshing on such a hot day. We were near our campsite and paddled through a few rips before we got to Egg Point, where we would stay for the night. After exploring a little bit, we discovered that two turtles probably had a nest nearby. We named them Coco and Marshal. For dinner we had pasta salad. It was divine! Then we played a couple games of Alibi around the fire, then off to bed... can't wait to see what tomorrow brings!

Written by Lily Castraberti

### **August 13th**

The counselors always wake us up in the funniest ways so we decided to wake them up instead, so we woke up before anybody else. We met up in the woods next to the campsite and discussed the plan. We decided to go to the counselors' tent and take their rainfly off. The counselors knew that we were planning something so they started laughing, but our plan was successful.

It was still early in the morning so we went back to our tents and slept a little more. And I guess the counselors were planning something too, because they brought us S&M pancakes in our tents! It was amaze-ballz!!!

We packed up the site next. We were all a little sad because it was the last day. But we kept our heads up by singing Frozen songs and remembering fun times in the canoes. After packing the boats, we left our campsite and started our hour-long canoe ride. Greta suggested that we paddle the last 20 minutes in silence so we could all reflect on our trip. We got to the take-out and Joe met us and we packed all our stuff in the bus and went back to Wavus, after a stop for lunch on the way.

Written by Carter McGlooin

## **Shawnee**

### **Damariscotta Lake**

#### **July 24th**

After breakfast at Wavus, we put our canoes in the water and tied them up so we could load up gear. We left Wav around 9:30 a.m. and paddled for a solid hour until we were already halfway to Cool Island. We were cruising! The weather was pretty gray throughout the morning, and the rain sprinkled for a short while.

While canoeing, the girls played the picnic game and sang songs. Their paddling skills were still really strong, having done the St. Croix trip last summer. We stopped at Mary's parents' camp for a snack around 10:30, and after about another hour of calm waters and smooth paddling, we reached Cool Island around noon.

We tied up the boats, unloaded gear, and the girls set up tents while we started getting lunch supplies together. After tents were set up, we had lunch and we gave the girls their tent groups so they could get their things settled in.

After rest hour, we taught the girls about bomb proofing a campsite and how to set up a tarp shelter. Then we paddled across the way to another property owned by Kieve-Wavus and tied up the boats so we could go swimming. The girls thought it would be fun to diaper dive into the water. By this time, the weather had cleared, and it was sunny and hot.

After about an hour and a half of swimming, we pumped water with the Katadyn into empty water bottles and then headed back to the island. We pulled the boats onto shore for the night and took care of the paddling gear. We ate dinner, made s'mores, and were in bed and ready to sleep by 9.

#### **July 25th**

We woke up at 7 a.m. and the girls packed up their personal gear and their tents. While the girls continued putting things away, we got breakfast started. We asked the girls history, math, and science trivia questions to see who'd get breakfast first, and kept asking to see who the next people would be. After breakfast, we tied the boats in the water and started loading them with gear.

After doing a final sweep of the site, we paddled over to the Harriet House landing at Kieve. The water was so calm it looked almost like glass. It was such a peaceful paddle! When we got to Kieve, we went to the Buck building for some rock wall climbing. Almost every girl completed a climb, some tried the target jump, and a few tried the hanging ledge climb, which two of them successfully completed!

After rock wall climbing, we headed back to our boats and started paddling back to Wavus. When we were halfway there, we stopped again at the Yosts' camp and ate lunch, then we paddled back to Wavus. The water was much more rough during this part of the paddle and we faced some headwinds, so this section took us longer than it did the day before. When we got back to Wavus, we brought in boats and unloaded and cleaned group gear. After individual gear was taken back to the cabin, we took our much-deserved trip to J-Scoop! Beth Lebel, HBC

### **Baxter State Park**

#### **July 27th**

After a Wavus breakfast, we left campus around 10:30 am. The weather was cloudy for the long drive. The car ride was filled with High School Musical songs, One Direction, and

other songs on the radio, as well as reading for the girls who could read while in a vehicle.

It was raining when we reached Millinocket, and it was downpouring by the time we reached our Nesowadnehunk campsite at Baxter State Park. Despite the downpour, the girls unloaded gear and set up tents in record time, without a single tent being wet on the inside.

While dinner was cooking, some of the girls told ghost stories while others played Odds Are. It was a long day filled with mostly traveling, so after clean-up we collected everyone's scented items to lock in the trailer for the night, and everyone was in their tent by 9 p.m. The "ODs" for the day were Serena and Abby. Our ODs on trip were responsible for picking a theme for the day, what activity we will do at circle time (Highs and Lows or Rose, Bud, Thorn), and a special question to answer or something else during circle time.

#### **July 28th**

We woke up at 7, got ourselves ready for the day, packed lunches at the same time breakfast was being made, and cleaned up after. Our ODs for the day declared it "World Day" and they assigned different countries or continents to different tents. We then headed out to the Mount O-J-I trail. On our hike there was a lot of mud, and we had to cross a few rivers.

We hiked to the West Peak Overlook, which was just over three miles. At the top the girls ate lunch, GORP, and enjoyed a nice but cloudy view of a lake the named "Moose Lake" because it was shaped like a moose. The weather held up for the most part until the last twenty minutes of the third group's hike. It started downpouring, but the

group was eager to keep hiking without rain jackets, and they made it fun.

After our hike we went to get water at the North Woods Trading Post just outside of the park. When we got back to our campsite, we had dinner, and then we did Rose, Bud, Thorn for Circle Time, but the ODs also said we had to talk about our favorite food from our assigned region. We were assigned to Latin America, Africa, Europe, and Asia. The girls loved that they ate their lunch in the fog and clouds, and they thought Mt. O-J-I was a good first day hike.

#### **July 29th**

We woke up at 6:30, had breakfast, and then headed out to hike South Turner Mountain. On the way up, some girls played twenty questions and the picnic game. The trail was mostly flat for the first 0.7 miles, but for the remaining 1.3 miles, it was super steep and the girls worked for every inch gained.

The girls struggled with the sudden steepness, and then tried to get into a groove by maintaining a better pace for all hikers in their groups. It was really good practice mentally and physically for hiking Katahdin the next day. Courts' hiking group came up with the saying, "We're not all finished until we're all up there."

When they got to the top, everyone thought the view of Katahdin was cool. After enjoying lunch and their break time, we hiked back down the mountain and everyone felt better about the hike down.

The ODs for the day were Story and Sophie and they declared it "Book Day." So later on when we returned to the campsite and ate dinner, Circle Time was Highs and Lows and then per the ODs, the girls had to pick their

favorite book and explain what it's about. While dinner was cooking, we got lunches for the next day packed along with daypacks packed and put inside the van ready to go for Katahdin in the morning; we were in bed with lights out by 8:30.

### **July 30th**

The ODs for the day were Darby and Grace and they called it "Dance Day" where we had to at some point make up our own dance move. We woke up significantly earlier than the sun, had a quick but hearty breakfast, and we were on the Hunt Trail of Mount Katahdin by 5:15 and 5:30. The girls absolutely loved this hike and were so excited and enthusiastic the whole time.

The first part of the trail was below tree line and woody, with some steep parts and bigger rocks but not quite bouldering. The next part of the trail was bouldering with really big rocks. For some of the girls it was mentally hard and for all it was physically, but they had their cabin mates there to help them and to assure them that they could do it.

The next part of the trail was after reaching the false summit, where we walked on a gradual incline for about a mile. Then the last part was steep again but definitely worth it when we reached the summit! The first group summited a little after 11 and the second group summited shortly after.

After enjoying lunch at the top and seeing Penobscot I, we made our way back down the mountain. At some points a few of the girls found the bouldering even more challenging traveling down, but they once again had the support of their cabin mates. 5.2 miles up and 5.2 miles back down. We did it! When we got back to our

campsite we started dinner, and right when dinner was finished, the people at the campsite next to us said there was a moose in a nearby field. The best ending to the best day. Words cannot begin to captivate how amazing this day was.

### **July 31st**

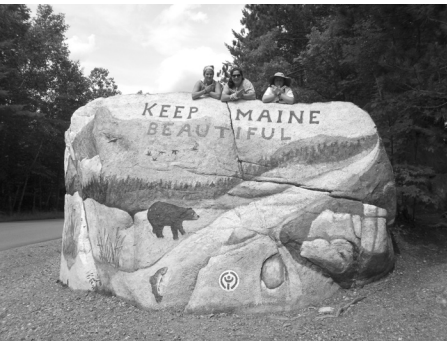
Today was our rest day, and for some of the girls it had an early start when Story spotted a moose at our outhouse around 5:30. Fortunately they were able to fall back asleep and we let them sleep in and lay low until about 9:30. We had breakfast, packed our daypacks and lunches, and traveled outside of Baxter for water and for "I climbed Katahdin" stickers!

On our way back, we went to Ledge Falls where the girls enjoyed the natural waterslides, reading and writing. We enjoyed a late hot lunch on the rocks with a scrambled brownie dessert. It was awesome to just be able to swim and relax. It started raining around 4:30 so we headed back to our campsite, where we returned to start packing up all of our individual and group gear into the trailer. This would make for a smoother departure for our sunrise hike the next morning. While dinner was being cooked, another counselor was making lunches for the next day and the girls were keeping daypacks in the van ready to go. We were in bed by 9.

### **August 1st**

We didn't get as early of a start as we would've liked to for a sunrise hike, but the first hiking group was on the Chimney Pond trail of Katahdin by 5:30. No, we weren't hiking to Katahdin's peak for the second time in six days; we were hiking to Chimney Pond and then would go back down. The hike was three miles up but it was





steady and gradual, and the girls really enjoyed it. The best part was the view when we got to Chimney Pond. We were in the bowl of Katahdin. We were able to see the peak we had summited just two days before, and there was the most pristine pond in front of us in the middle of the mountain. It left all of us speechless.

After eating SB&Js and GORP, the girls took Yoga, cabin, and dance photos in front of this incredible view. We then headed back down the mountain, and the first group waited for the second group to finish by reading, playing MASH, and writing at picnic tables by the bottom of the mountain. Chimney Pond was a great way to end our Baxter State Park trip. We had lunch and then left for Wavus around 1 in the afternoon. After a Wav dinner, we headed to J-Scoop and returned back to camp to clean, organize, and unpack all of our trip gear. Beth Lebel, HBC

## **Abenaki**

### **Damariscotta Lake**

#### **August 1st**

Abenaki had a great time on our primer! We got started bright and early in the morning, right after breakfast. The lake was totally smooth and we had no wind, which was great. The paddle took us about two hours and fifteen minutes, so we made great time! When we arrived, we set up camp, ate lunch and then took off in our canoes again (although most of us swam) to Punk Point right across the way, where we went swimming and diaper diving. Then we went on a nature walk and explored the surrounding area. We had a blast! When it started to get late, we headed back to camp for dinner and spent the rest of the night around the campfire.

#### **August 2nd**

The next day we woke up to some fog and rain, which was disappointing, but we still had a great paddle over to Kieve to climb on their rock wall! The girls did a great job climbing, everyone tried the partner climb and the target jump, even though it is so high up! Around lunchtime, we headed out - we decided not to eat on land, but to raft up and eat on the water like they do on longer trips. It was hilarious and fun, and a new experience for all of the girls.

Because the wind was in our favor, it only took us an hour and a half to get back to camp. The girls had a great time on the primer, but now everyone is even more excited for our big trip on the 9th! Ana Schavoir, HBC

## **Baxter State Park**

#### **August 9th**

After a six-hour long drive, Abenaki finally arrived at the Foster Field campsite in Baxter State Park! We set up our tents and cooking area and then took a beautiful nature hike around the site. We found a few amazing lookout points of Mount OJI and of Kidney Pond! Then we headed back to camp and spent a quiet night around the campfire roasting marshmallows and telling stories.

#### **August 10th**

On day 2, Abenaki moved from Foster Field to the new campsite, Roaring Brook, where we stayed for the rest of the trip. After we set up camp, we put on our hiking boots and took off to do the Rum Pond Trail! We had amazing weather, and the trail gave us some amazing views of the pond. While it wasn't a difficult hike, it helped us all get really excited for Katahdin! Afterwards, we cooled





down in a nearby stream and then talked about our big hike the next day. We looked at the trails we would be taking and made sure that everyone was packed and ready to go for the early start the next day!

### **August 11th**

What an early start!!!! We woke up at 3 a.m. to climb Katahdin! We had to break up in to two groups, but both managed to summit the mountain before 10 a.m. It was a completely incredible hike—the views at Chimney Pond must be seen to be believed! After taking the Chimney Pond Trail, we headed up Saddle Trail, where we did some bouldering. It was difficult, but the girls did an amazing job staying positive, and when we reached the summit, they were amazed and proud of how far they had come! When we got back down, we had a pretty quiet afternoon, we played games and cooled down in the stream!

### **August 12th**

Because we hiked Katahdin the day before and woke up so early, today we slept in a little and had a pretty relaxing morning. The girls practiced their cooking skills and made pancakes (with little help from the counselors!). Then we decided that because it was so hot that we would head to the natural waterslides in the park. The girls had an amazing time there, the waterslides were so fun and the water was really refreshing! We then set off for Daicey Pond, where we did a short hike on the Appalachian Trail to see “Big and Little Niagara Falls.” All in all, it was an incredible day!

### **August 13th**

Today Abenaki got an early start and hiked Sandy Stream Trail and Russell Pond Trail, which was an almost 3-mile long loop with several amazing lookout

points on the pond. The girls had a great time and took tons of photos. When we got back to camp, we played games and cleaned up camp a little. We then had a visit from a Baxter State Park Ranger, who led us in a community service project—the girls painted signs, built up rock cairns, and helped redefine trails in our campsite. Afterwards, the campsite looked amazing, and the ranger was so grateful for our help! The girls were really proud of themselves and we were too!

### **August 14th**

Abenaki had amazing weather our entire trip, despite threats of thunderstorm every day. Unfortunately our last day it totally downpoured, and we had been planning to do a sunrise hike of South Turner Mountain. We waited around as long as we could to see if the rain would stop, but it didn't let up. The girls were really looking forward to getting back to camp, so we hit the road. It was great to get back to Wavus just in time for fireworks!

Ana Schavoir, HBC;

Cullen LaPointe, JC; Kat Curtin, JC

## **Mic Mac**

### **Damariscotta Lake**

### **July 26th**

Today the Mic Mac girls headed out on their first day of primer on Damariscotta Lake! We began our day by paddling south, to Cool Island. After a beautiful two hour paddle, we arrived to camp and had a relaxing lunch, before setting up our tents and playing a game of Shmoatus. While playing this hilarious game, some girls practiced Leave No Trace Principles, by consuming their whole apple! As the day went on, the heat became overwhelming, so many girls took to the water for a swim or diaper dive in



life vests. After drying off, the cabin relaxed before learning how to ignite a Coleman stove. Dinner was served quickly as kindling was gathered for our fire. S'mores and a visit from some directors were welcomed by the Mic Mac's. After some more Shmoatus, the girls turned in to their tents for the evening. We are all looking forward to the climbing wall at Kieve and the paddle back!

### **July 27th**

The girls woke up at their regular time and packed up their belongings, as breakfast was prepared. The whole campsite was then broken down and packed into our seven canoes. We headed off to the Kieve climbing wall, but not before being met with some strong head winds. Once docked, the girls enjoyed an hour of climbing. The climbs were all difficult but the girls tackled them head on and all rocked it!

Once finished with climbing we ate a quick lunch on the dock and then took to the water for our paddle back to Wavus! The winds were extremely strong, but luckily they were tailwinds! A short paddle was completed and we found ourselves back at Wavus just in time to miss the rain and grab some J-Scoop. We are all very excited to see what Baxter State Park has in store for us!

Katie Lehmann, HBC

### **Baxter State Park**

#### **August 1st**

The Mic Mac ladies packed up the box trailer after a Wavus breakfast and headed to the Northern entrance of Baxter State Park. After a filling lunch, the girls finished setting up the campsite and prepared for a short hike up the ledges of Trout Brook Mountain. After our hike we began making a

delicious dinner and relaxed before our big day of Katahdin. A game of Uno was played and day bags were packed in preparation for the hike. We are all very excited and ready to take on Katahdin!

### **August 2nd**

Today we summited Katahdin! An early wake up at three a.m. and a lengthy drive to the Hunt Trailhead was completed and two groups of the top and bottom bunks headed off. We split the Mic Mac girls into two hiking groups to abide by Baxter State Park regulations. Both groups headed up the trail, singing along the way as well as saying hello to other passing hikers. Both groups summited at different times, but we got to grab a quick photo with the summit sign! With our legs shaking we bouldered back down the Hunt Trail, taking memorable photos along the way. Once the Mic Mac cabin reconvened at the parking lot with many hugs and tears of joy, we headed back to our campsite and quickly made dinner before retreating to our tents to escape the bugs.

### **August 3rd**

We all were pleased to have a sleep in and a hearty breakfast this morning! The cabin hit the road after bomb proofing the campsite. Today, we conquered Mount OJI! Toward the top, the girls enjoyed their lunches and some GORP while taking in the view from the West Peak Overlook. The girls were in awe that the huge mountain ahead of them was Katahdin! After filling our stomachs, both groups separately headed back down the path to the van. After climbing into the van and a quick drive, we found ourselves playing in the natural waterslides, which was along the side of the Baxter State Park Tote Road. The water was



both fun to play in and was also a great way to clean away the dirt and grime from the hard work of all our hikes. When everybody was sufficiently clean, we headed back to camp for some dinner and another night of giggles and relaxation.

#### **August 4th**

With inclement weather headed toward us, the Mic Mac clan packed up the van and headed toward Burnt Mountain. Upon arrival at the trailhead, a group decision was made not to do the hike due to rain and it was decided that we would have an early lunch under a structure to warm us up. While eating, the rain dissipated and we were able to venture out onto a short hike on the Southern Falls trail.

With the weather becoming beautiful, the girls were able to relax at the top of the trail in the sun. Once back to the van and after the drive, the cabin relaxed as they made friendship bracelets, took naps or read. A small fire was made after dinner and everybody enjoyed some good old-fashioned S'mores. The Mic Mac cabin was all looking forward to celebrating Claire's birthday in the morning!

#### **August 5th**

Today was Claire's birthday! We awoke to S and M pancakes and then headed off to conquer the mountains! On today's agenda... Mt. Coe. Once the cabin arrived at the trailhead, we made our lunches and then headed off into two groups to the summit. The trail followed a beautiful stream and quickly brought us above tree line, so the views were amazing! Once we ate a lunch with a view, we headed back down to the van. When back at camp, some of the girls jumped into the nearby river to wash off some grime and sweat. After dinner was made and

served the Mic Mac girls celebrated Claire's birthday with Penobscot II by making scrambled brownies before having a large storm interrupt our gathering. We all retreated to shelter as the rain and thunder passed us by. It was a bitter sweet feeling, knowing we would head back to Wavus the next morning.

#### **August 6th**

Our final day on trip consisted of a short hike and a lot of driving. The cabin packed up our belongings and group gear as breakfast was being made. While packing our trailer, a storm grew near with dark clouds overhead. Once the gear was packed we headed out for a final short hike in Baxter State Park up the Trout Brook Trail. The rain began to fall within the first ten minutes of the hike, but this did not seem to bother the girls at all! After the hike we jumped into the van for a long, soggy drive back to Wavus. As always the girls were delighted to grab some ice cream at J-Scoop before cleaning all of our gear. It was an awesome trip and everybody learned something new that can be put to use in future years at Wavus!

Katie Lehmann, HBC;

Addie Morgan, JC;

Hannah Schott, JC

### **Penobscot I Camden Hills July 24th**

Today we left Wavus after breakfast and drove up to Camden Hills State Park. After checking in and setting up camp, we enjoyed lunch and set off to climb Mount Megunticook. For most of us, this was the first hike of the summer, so the way up was pretty challenging. The trail is only about a mile, but Megunticook is the highest

summit in Camden Hills so it was fairly steep. The view from the top was well worth it! We enjoyed stunning views of the ocean from the top. On the way down, we took a different route on the tablelands trail and nature trail and passed time by playing games. We returned to the campsite in time to make dinner and a fire for s'mores.

### **July 25th**

This morning we packed up camp and made oatmeal for breakfast. Afterwards, we drove to the Maiden Cliffs trailhead. This hike was about a mile long, and it only took us about half an hour to make it to the 800 ft. summit. Feeling accomplished, we enjoyed views of Megunticook Lake from the top. We added half a mile to our loop on the way down by walking on the scenic trail and enjoying more stunning views. Next, we climbed up the nature trail to the Tableland Trail to the Mt. Battie Trail. This hike was about 1.5 miles each way, but was less steep. We made lunch on the summit of Mt. Battie while enjoying views of the Penobscot Bay. Everyone felt accomplished at the end of the day having completed both hikes and staying together the whole time.

Zoe Nahatis, HBC; Lindy Perry, JC;  
Maeve Donovan, JC

### **Baxter State Park/Penobscot River**

#### **July 28th**

We left Wavus early and drove up to Baxter State Park. We set up camp at Trout Brook Campground on the north end of the park and ate lunch before heading out for a hike. We hiked up Burnt Mountain, a moderate one mile climb to the summit. We reached the top in about 40 minutes, which had everyone feeling confident for upcoming longer hikes. On the way

down, we got caught in the pouring rain. The girls remained positive, really confident now that they will be able to handle anything. We drove back to camp to dry off and make dinner. We were then ready to retire to our tents for an early evening to escape the rain.

### **July 29th**

We woke up, made breakfast, and prepared for a day of hiking. We drove to South Branch campground and hiked up North Travelers Mountain. This was a steep, yet moderate, three mile hike up to the summit. As we climbed above tree line, we enjoyed views of the lakes below. When we neared the top of the trail, the cloud cover was much thicker. The rest of the hike was chilly and breezy, but we were happy to make it to the top. There was not much of a view from the summit, but it was cool to experience bouldering above the tree line.

As we descended, the weather cleared up more and we enjoyed more views of the surrounding mountains. Once we got back to the campsite, we cooked delicious bacon burgers and made preparations for hiking Katahdin the following day.

### **July 30th**

We woke up at 2:30 this morning in preparation for hiking Katahdin. After a 2-hour drive, we got to the base, ate breakfast, and started our hike at 6:20. We split into two hiking groups that were spread apart by about a mile, so the second group left about 30 minutes later. We hiked up the Chimney Pond trail, which was a moderate, gradual climb up to Chimney Pond campground. We enjoyed views of the pond and some GORP before continuing. From Chimney Pond, we continued up the Cathedral trail, which featured very steep bouldering. Most





of the girls enjoyed this challenge as well as stunning views of the lakes and mountains below. The group felt so accomplished when we reached the summit, even though it was cloudy. The first group waited until the second group made it to the top, so we could all be at the summit together for lunch.

The first group, followed by the second group, descended across Knife's Edge, a narrow bouldering trail along the ridge of the mountain. As we were hiking, the clouds cleared, making the challenging trail even more worth it with the spectacular views. Even though it was a challenge, the group persevered all the way down the Helon Taylor trail. The final trail was long, steep, and narrow, but both groups were happy and felt accomplished once we made it back to the van.

### **July 31st**

Everyone was ready for a bit of a sleep in after the long day we had climbing Katahdin. We spent the morning getting reorganized and writing letters after breakfast. We then drove to South Branch campground and enjoyed a short, moderate hike to some cascading waterfalls. We spent the afternoon lounging in the sun and swimming beneath the falls before hiking out and driving back to our campsite. We made dinner and continued getting our belongings organized and cleaned up for the upcoming resupply and transfer to the Penobscot.

### **August 1st**

We packed up camp at Baxter and waited to meet our resupply drivers at the Grand Lake Matagammon put-in. We paddled the short distance across the lake to the dam that begins the East Branch of the Penobscot River. We did our first small portage as a group around the dam and began our river

paddle. We paddled a few short rips, getting acquainted with steering canoes and gaining confidence communicating with each other to avoid rocks. After paddling a few hours down the river, we set up camp at a small campsite right before Stairfalls.

### **August 2nd**

Today we woke up to some fog and grey clouds. We had bagels with cream cheese and fresh fruit for breakfast. After getting all of our gear situated into canoes, we headed for our first rapid: Stairfalls. This rapid was very nerve wracking because it felt like we were paddling down a set of stairs. When you look back, it felt pretty exciting and was actually a lot of fun.

We soon hit dead water and pulled to the side to do our first portage of the day around Haskell Deadwater. We did another set of rapids afterwards, during which a few groups got their canoe stuck between rocks. Everyone stayed calm, and was actually pretty excited to have that experience. While we freed two of the boats that had gotten stuck on rocks, one of the boats was pinned and full of water, and therefore very difficult to recover. The counselors tried, but could not get the boat to move.

We had to continue with two duffs, but everyone was still happy and proud because everyone was okay and we recovered all of the gear. Even though we lost a boat, that didn't mean we couldn't keep going. We had another set of rips before Pond Pitch: our second portage. This portage was a little bit longer than the last one, but the trail was pretty even and easy to navigate.

It was a short paddle to our campsite where we unloaded the gear and portaged all of the canoes to the end of

the trail past Grand Pitch. This trail was the most difficult because of the uneven terrain, so after all of the portaging we did, we were happy to be done. The rest of the afternoon was spent reading, relaxing, and eating GORP. It was a long, but exciting day.

by Gigi Imperatore and  
Gretchen Sant

### **August 3rd**

We woke up to a foggy morning and ate a warm breakfast of oatmeal. We portaged our personal and group gear to the end of the trail all in one trip and loaded the canoes. We had a very short ride down to the next portage around the Hulling Machine. We had a quick pump-up session to get ready for the last and most difficult portage of the trip. Though it was challenging, as it was the longest trail with the most uneven terrain, we all made it down in good spirits!

We then continued to paddle down Bowlin Falls and Spencer Rips with success. We stopped for a delicious lunch before continuing our paddle. We paddled for a while trying to find our campsite, but decided to paddle a little further, and ended up making it to the Big Seboeis, the campsite where we were supposed to stay the following night. We set up camp and had some chill time before eating dinner. After we cleaned up, we feasted on S'mores and played a few fun games of Mafia before bed.

by Haley Wilner  
and Eaden Ricketts

### **August 4th**

Since the day before we had paddled to the campsite that we would have stayed at tonight, we got to sleep in! Once everyone woke up, we enjoyed some delicious S+M pancakes and cleaned up. We spent the day bonding as a cabin, making friendship bracelets

for each other and playing a few games of mafia. After dinner and cleaning up, we went to bed to rest up before our long day of paddling the next day.

by Betsy Hunt

### **August 5th**

We woke up to a foggy morning, but luckily the weather turned sunny with a side of bagels and cheese (and bacon). After we packed up our camp, we set out for our longest day of paddling. The first part of our day, we paddled through slow-moving water without too many rapids. Then we went over Whetstone Falls smoothly. We canoed a few miles down the river until we got to the Grindstone Scout. We got out for a quick bathroom and snack break and looked at the river in preparation for going down the rapids. There were a few sets of rapids including a big drop in the beginning. Everything went smoothly because we were very prepared. It was a super fun experience! After about another hour of canoeing, we arrived at Pinegrove campground. We set everything up and for the first time in nine days we had running water! We enjoyed a delicious dinner, but unfortunately an incoming thunderstorm forced us into our tents for an early night, where we settled into a lovely, dreamy sleep.

by Claire Brady and Charlotte Josef

### **August 6th**

We woke up this morning and packed up all of our gear. We enjoyed a delicious breakfast of cinnamon buns, loaded our canoes, and started our last paddle on the river. We had a short three mile paddle from Pinegrove campground to where we took out our canoes near Medway. We canoed with ease over Ledge Falls and finished off the Penobscot River in high spirits. Once the van arrived, we loaded the

canoes and all of our gear into the trailer. We stopped for a quick lunch at Panera and some ice cream at J-Scoop. We were sad to leave trip, but ready to go back to our home, Wav.

by Caroline Haywood  
and Louisa Rose

## **Penobscot II**

### **Camden Hills**

#### **July 26th**

We left for Camden Hills right after breakfast. Penobscot II arrived around noon and we set up camp quickly so we could eat our delicious lunch. The cabin chose to hike Mt. Megunticook, which was a short hike but a good introduction into hiking for some of the cabin. The top had an amazing view of the ocean.

After we had made our way down, our counselors told us we were heading towards another hike which would last 4 hours and be very hard! It turns out they tricked us and took us to the beach, we only realized when we pulled into the parking lot and there was not a mountain in sight. Even though the water was cold, we had lot of fun. After our swim, we got ice-cream and watched a bookbinder fix books at a local art and book store. All of us drove back to the campsite. The entire cabin helped to make dinner and then we met up with Kieve for s'mores around a communal fire. Next, both camps played games together such as Indian Chief and duck-duck-geese and we had an air guitar skit-off. It was a great first day.

Written by the Leader of the Day,  
Zoe Deutsch

#### **July 27th**

We woke up to clear skies and sunny weather, despite the forecast predicting rain, which was very exciting. After a

leisurely morning, we packed up camp and headed to the Maiden Cliffs to hike. On our way out of camp, Taylor and Klara suggested we have a tickle invasion of the Kieve camp, which was very successful! We chose Maiden Cliffs over Ragged Mountain because it was shorter and we felt a storm on the way.

Sure enough, when we got to the summit, we saw darker clouds in the distance, although the view was incredible. After a few pictures, we descended very fast and we were very proud with our progress down the mountain. We then had to reverse the van and trailer out of a very small parking lot, which Taylor, Hannah and Klara coordinated! We got on the road and pulled into Wavus just as the storm hit. All in all, it was a very fun and lucky day!

Written by the Leader of the Day,  
Riley Hicks

## **Penobscot/Baxter trip**

### **July 29th**

We started the day off early with a 5:30 a.m. alarm clock. We had cereal and loaded up the trailer to be out of camp by 7. We said goodbye to friends, the tripping directors and Nancy, and started our 4-hour drive in the orange Kieve bus. We arrived at Lake Matagammon, where we put our canoes in the water and had lunch featuring vegetables grown in the Wavus garden! We began paddling, and after around 30 minutes on the lake, we had our first portage.

We brought our gear out of the canoes and carried the canoes over our heads along a gravel road to the put in site. It was a short portage, but it was our first one. It will take a lot of getting used to! We canoed through the



beautiful Penobscot and a few white water rips where some of the cabin got their first taste of white water paddling. We also saw multiple bald eagles. We arrived at our campsite just above Stairs Falls and unloaded our gear. We had curried chicken over an open fire and were very excited about our first night on trip in our tents.

Written by Leader of the day -  
Carter Norfleet

### **July 30th**

We had an early, cold start to the day. To warm us up we had warm oatmeal around the fire. After breakfast, we packed up camp and portaged around Staircase Falls. After everyone finished successfully, we all started paddling from the bottom of the falls. We paddled through the Haskell Deadwater and arrived at our next portage around Haskell Rock, a large waterfall.

After carrying all our stuff to where we put in, we started to portage our canoes. It was tough but we kept going and finished on a good note. We packed up all our stuff into canoes and set out through the next set of rapids, which were a good starter to test our new crew combinations. We came across our next portage for the day at Pond Pitch, which was shorter but still challenging.

We got on our way one by one down the rapids to make sure there was a good gap between boats. One boat got stuck and the counselors went to help pry it out and one counselor soloed the canoe down the rest of the rapids until one last rock required six of the cabin members to assist in tipping it over. For us, it was an amazing effort of teamwork from the whole cabin, as we managed to pry it free and float it safely back downriver.

While we were waiting for the canoe

to come down, one of the girls got a leech on her toe, but we got it off with salt just in time for our next portage. This was a quick one and we were getting good at portaging after our third one of the day.

After we put in, we had a short paddle to our campsite at Grand Pitch Falls, a huge waterfall. The campsite was next to the river and had a fire pit and very comfy ground! After setting up camp and having lunch, we finished the day by transporting just our canoes around the waterfall. The counselors called this a half portage, but the truth is that it was still hard. We developed a new system though, which we hoped would serve us well the next day.

We were rewarded with delicious burrito bowls around the campsite. Before bed we roasted marshmallows and Klara set up a med station for blisters. All together it was a long but accomplishing day. We all went to bed on a great note.

Written by Leader of the day -  
Daisy Elderkin

### **July 31st**

We woke up and had sun butter and jelly sandwiches for breakfast, then got on the water for only three rapids until our next portage. We thought our portage was only  $\frac{1}{4}$  of a mile, but it turned out it was closer to  $\frac{3}{4}$  of a mile and it had a huge hill in the middle of it. But thanks to our system from the day before, we managed to portage the whole thing in teams of four. We even had to suitcase our canoes up a large rock. We settled down for lunch after our portage feeling very accomplished!

We went through Bowlin Falls under a bridge and paddled through some beautiful water. As the river slowed down, we had to do more paddling



without the current. We sang a lot of songs to pass the time and saw a lot of wildlife, including several bald eagles and a baby moose! We were one day early and had paddled near to 15 miles! We stayed tonight at Big Seboeis campsite.

Written by Leader of the Day -  
Ellie Villano

### **August 1st**

Today we stayed at our campsite at Big Seboeis and had a day to chill out. It was nice to be off the river after the last two days. We woke up around 10 a.m., which was totally different to the 6 a.m. starts from the previous days. Our counselors taught us how to make an oven over an open fire by building a little fire on top of the fry bake. We made cinnamon rolls and played lots of games.

After lunch we went for a walk through the woods on a trail at the back of the campsite. We had a competition over who could collect the most firewood and came back with our arms loaded full. We then took two canoes into the middle of the river and went swimming. One of the boats accidentally capsized and we got to practice our T-rescues! Then the two boats went exploring with Klara, one of the counselors. They saw a pair of beavers building a dam and got very close to them. Nobody was very hungry for dinner so we snacked on carrots, hummus, and beef jerky which our counselor Taylor made and kale chips. We went to sleep thoroughly relaxed and ready for a big day.

Written by Leader of the Day -  
Ella Moxley

### **August 2nd**

Today was a very interesting and exciting day. We got up and started our day with oatmeal and scrambled eggs

to fuel our bodies for the 16 miles of canoeing we needed to do today. After paddling through almost dead water, we stopped at a rocky beach for much needed snacks. We started paddling and a few miles later we pulled out at a parking lot to have lunch and scout Grindstone Falls. Grindstone brought many struggles and triumphs.

On the first portion, one canoe tipped, but fortunately, all their gear was dry and they recovered everything. In the second portion, the last canoe hit a rock and a counselor and two campers swam Grindstone. But they recovered their canoe, flipped it, emptied it and conquered the rapid! We finished Grindstone feeling awesome. We paddled a little longer and pulled up at our campsite at Pine Grove. We had a much needed pasta dinner and got a good night's sleep after a fantastic day of paddling.

Written by Leader of the Day -  
Lilly Habel

### **August 3rd**

Today we got up early and packed up camp. We ate S&M pancakes for breakfast, which energized us for our final four miles of river paddling. We arrived at our resupply site at Medway early and so we enjoyed a swim at the beach there. We ate grilled cheese and hung out with Hannah and Eric from the resupply team.

After a little while we packed our van up and drove two hours to Baxter State Park. We sang along to a CD one of the campers made and had an awesome time listening to the radio. When we arrived at our campsite, we enjoyed cheeseburgers and had a banana boat on the fire to top it off.

Written by Leader of the Day  
Sloane Loveless

### **August 4th**

We started off our day with delicious breakfast sandwiches. We gathered up our things after breakfast and headed off for a mystery van. After a couple of hours of driving, we arrived at Daicey Pond just as the sun broke through the clouds. We split into three groups and met at Big and Little Niagara Falls. They were beautiful in the sun and we took some group photos. It was very relaxing watching the water of the waterfall rushing past. It was a nice hike to start our trip.

As we drove back to the campsite, our counselors surprised us by stopping at Ledge Falls which have natural waterslides. We ate lunch and swam the afternoon away. The water was cold, but everyone enjoyed doing cannon balls off the bridge. For dinner everyone had a go at cooking and we made fried rice with chicken. Dinner was great and we managed to save room for s'mores. We then bombproofed our campsite and went to sleep after a great first day.

Written by Leader of the Day  
Riley Hicks

### **August 5th**

We woke up fairly late today. A bunch of girls took their sleeping mats outside and rested while they waited for everyone to wake up. We decided to spend the day lounging at our campsite instead of doing hikes because we didn't want to leave any of our cabin mates behind. After everyone was "alive, awake, alert, and enthusiastic", we had bagels and sun butter, jelly and honey for breakfast.

After breakfast we hung out outside, made friendship bracelets and caught up on some reading. Due to a few longstanding injuries playing up, we decided against hiking as a group

because we wanted to all be together to overcome challenges together as a cabin. We went bridge jumping later at our campsite. As a treat our counselors brought us doughnuts and they were delicious.

We made homemade tortilla chips, carrots, hummus and guacamole for lunch, went swimming and hung out after lunch. We then made ramen noodles with chicken for dinner and joined Mic Mac for a birthday celebration around our campfire. We had scrambled brownies, but in the middle of brownies, a storm rolled in so we retreated to our separate campsites. We talked, read and eventually slept in our tents to the sound of rain falling on the tarp.

Written by Leader of the Day  
Anna Woods

### **August 6th**

The day started in the pouring rain and so we slept in. We had a lovely egg breakfast and waited for the storm to pass. We worked on friendship bracelets and hung out at camp. Around two in the afternoon we packed up camp and moved to Matagammon campgrounds. We set up camp and a few girls went to swim rapids. We made pizzas and sat around our final trip campfire and enjoyed s'mores. We all went to bed sad to leave trip but excited to return to Wavus.

Written by Leader of the Day  
Betsy Dietze

### **August 7th**

We got up and broke camp in a record time of 17 minutes. It turns out that once lunch and hot showers on the line, everyone was inclined to pack up their tents and group gear a lot faster! It's a shame we figured this out on the last day. We had breakfast and set off for Wavus. As the hours passed by, a



rising excitement gripped the girls as they started to discuss favorite activities and more importantly, shower times and priorities. We got back into camp around two and surprised Gathering Circle with a tickle invasion.

After unloading all our gear and the trailer, we all went to J-Scoop for some well-deserved end of trip ice-cream. When we got back to Wavus, we split up into groups and got our gear washed, dried and cleaned in record time. We also claimed that our Coleman was cleaner than any other trip that day, although that is a subjective account! We settled in for camp life and although we were glad to be back, our camp beds didn't quite feel the same without the odd tree root.

Klara Weaver, HBC;  
Taylor Boucher, JC;  
Hannah Barnes, JC

## **Allagash I**

### **Allagash River**

#### **July 25th**

We woke up bright and early at a time of 4 a.m.! We had a quick breakfast and packed up our canoe trailer, jumped in the van and headed off for our wonderful adventure on the Allagash! We arrived at Hannibal's Crossing on the west branch of Penobscot River, and unloaded our gear and, before we knew it, we had begun paddling. After a short 2-hour paddle, we arrived at Big Island, our first campsite. We set up our tents, pumped water and made dinner. After our early morning everyone was very tired so we got an early night and prepared ourselves for our second day.

#### **July 26th**

We woke up to a dark and quiet morning with a big day ahead of us. We had breakfast and started our

canoeing for the day. After a while of paddling we spotted two moose in the river with the beautiful sunrise in the background. We quickly stopped for GORP to keep us energized. We then kept paddling to get to our first portage around the bridge. When we continued, we all were surprised by a beaver dam which we paddled strongly through it to end up at our second portage at the red bridge. This led us to Mud Pond. When we reached the campsite, we started our portage, set up our tents and ate dinner and went to bed.

Caroline & Louise

#### **July 27th**

This morning we woke up ready to conquer Mud Pond portage. We packed up camp and ate a filling breakfast of bagels and cream cheese. We put boundary bags on our backs and carried coolers or other bags. We carried the gear to where we had left the canoes the day before. We leap forged the canoes and gear until finally after the grueling struggle through mud, we completed the portage.

We ate sun butter and jelly and veggies for lunch then paddled across Mud Pond. We found the small stream that would take us to Chamberlain Lake. It was very shallow and we had to pull the canoes. The stream opened up, and we saw another moose. The weather was picking up so we had to quickly cross part of Chamberlain Lake and end our day early at Gravel Beach.

We set the tents up in pouring rain and waited for the weather to clear. The rain cleared later on, and we ate pesto pasta on the beach. We enjoyed a beautiful sunset and went to bed, ready for resupply the next day.

Lucy and Isa

## **July 28th**

Today, we woke up very early at Gravel Beach and had to quietly pack up so we didn't wake up our neighbors. We quickly ate bagels with sun butter and headed to our resupply. After paddling through some chilly weather we arrived at our resupply destination. As soon as the gear was swapped, we filled our water bottles with clean water. After that, the fun part came of opening the mail. Everyone received mail and ate candy.

After the resupply it was a short paddle to our campsite. Once we arrived, we quickly set up the tents before the rain came. We had hummus, veggies, turkey and cheese on pita bread for lunch. Everyone hung out in their tents while waiting for dinner. The weather took a turn for the worst and the rain started pouring. After dinner, we had to quickly move a tent as there was a puddle underneath it. Eventually we all settled into our sleeping bags and headed to bed. We were all rudely awoken to crashing thunder and lightning so we had to make sure we were all in lightening position on top of our thermarests.

Tiki & Quinn

## **July 29th**

Today was the first day after resupply. We paddled from Donnely's Point to Pump Handle campsite. After a night of rain, we were happy to hear the rain had stopped. For breakfast we enjoyed bagels and sun butter. The first part of the paddle was easy until the portage at Lock Dam.

It was a bit windy on Eagle Lake so we had to paddle extra hard to fight the strong winds but it turned out to be actually somewhat of an adventure! Once we got to our campsite the clouds started to clear and we finally

had some blue skies! After some rest, napping on the beach and cloud gazing we enjoyed delicious burritos and scrambled brownies. All in all, today was definitely a challenge but we had a ton of fun along the way.

Ellie and Sophie

## **July 30th**

This morning we woke up and were surprised by the large layer of fog on the lake, so we had a nice slow morning and ate oatmeal and dried fruit for breakfast, loaded our gear and were off. It was a beautiful, sunny day, which was very nice after many days of rain. We talked and enjoyed the sunshine and were surprised with a small bridge that we could jump off and swim by. We then headed to our campsite. First we stopped for naptime at Scofield Point and then headed to Jaws, another campsite for the night. Two moose and some very lovely neighbors who treated us to dessert and firewood surrounded us. We had stir-fry, then s'mores, played cards and then headed off to bed with full and happy stomachs.

Caroline and Ji

## **July 31st**

Today we woke up at Jaws after sleeping in because of a second morning of fog. We loaded the canoes and then paddled to Chase Rapids. The ranger was very kind to portage our gear to the end of the rapids so our canoes would be lighter going down. After a few bumps and a ton of fun, Chase Rapids finally came to an end but we were still on the river, which was good. The river flowed off into a lake, where we stopped for a GORP break. Then we finished paddling that lake and headed onto Long Lake.

We paddled until we heard some rumbles of thunder, so we stopped at Sandy Point. Quickly, we crossed the



lake to our destination, Jalbert. After a simple lunch, we went into our tents to stay cozy and dry. When it cleared up, we had pizza, but halfway through there was thunder so we got in our tents with our dinner and waited till it was safe to go back out. By now the storm had cleared and we all went to the beach to look at the sunset and went to our cozy tents for a good night sleep.

Louisa and Isa

### **August 1st**

We woke up at Jalbert to Long Lake covered in a thick blanket of fog. We ate a breakfast of granola bars. As the fog thinned, we quickly loaded the canoes and headed off to complete the second half of Long Lake. As we paddled, we chatted about entrance ideas for our return to Wavus. The lake narrowed, and we stopped to portage around a dam. The dam looked like a small set of rapids, but the water was filled with old broken down railroad tracks that were not safe to paddle over.

Once the gear and canoes were portaged, we set off again. At last we were on the river! With a few rips and waves we got to the river delta, which opened up into Round Pond. We passed by 3 Boy Scout groups and stopped by a ranger station before reaching our campsite at Turk Island. We had GORP to hold us over until lunch and then ate yummy pesto pasta.

It was a gorgeous day of blue skies, so we all swam, played and bathed in the river. It felt so good to be somewhat clean. For the rest of the day, we enjoyed the weather by playing cards and hung out outside. After dinner we cleaned up and headed off to bed! Today was one of our favorite days, and definitely filled with some well needed sunshine!

Tiki and Lucy

### **August 2nd**

Today we woke up on Turk Island and paddled to Ramsey Ledges. During the beginning of the day we had to pull over because the river was SO foggy! We saw one baby moose and its mother, which was exciting, but we decided to wait until the fog lifted before we paddled any further. After a few water breaks and some games of two truths and a lie while paddling we finally got to the campsite.

After setting up camp we all got in our swimsuits and floated in the river. The weather was perfect for swimming. For lunch we had pep and cheese and shortly after that there was a thunderstorm started and we all got in our tents and played cards. Afterwards we hung out some more, slept, read and chatted. Suddenly the ranger arrived to warn us that another, more serious storm was headed our way. We waited and waited but the storm (luckily) never came. We had dinner then all played with Val's hacky sack and ran around until it got dark and it was time for bed. We all went to sleep happy and healthy after another great day on the 'Gash. Quinn and Sophie

### **August 3rd**

Today, we woke up at Ramsey Ledges and paddled to Gash Falls. Along the way we saw two moose. When we arrived, we quickly portaged our gear to the campsite and our canoes to the end of the trail. After setting up camp and having breakfast we went down to the falls and jumped off some rocks into the river.

Around lunchtime Gash II arrived! It was so nice to see our fellow Gash Girls. We all hung out, shared stories about trip and went swimming together. Then we had lunch and relaxed on the beach for a while. Later we went back to the



campsite and had dinner. We decided to try and build a fire to make s'mores with Gash II. After many attempts, Lucy and Caroline finally got the fire started! But with our luck, it started to rain right away! We all gathered under the tarp and hung out for a little while and then headed to bed! Ellie and Ji

**August 4th**

Today we woke up late and had a nice breakfast of oatmeal. Then we got to go down to the beach by the falls, jump off the rocks a few more times and play a few more games of cards before it was time to leave. After saying goodbye to our friends of Gash 2, we were off and on our way to Debbie's Field. There were many snakes and bugs in Debbie's Field, but we were all happy to experience Debbie's Field, one of the unique Allagash experiences.

We soon started to make dinner, but we were interrupted by some thunder and lightning. In typical Allagash I fashion, we bunkered down in our tents laughing and giggling despite the weather outside. Lauren and Val kindly made us dinner during the storm and delivered it to our tents. Afterwards we chatted for a while and were all lulled to sleep by the rain. Another happy day on the 'Gash!

Caroline+ Isa

**August 5th**

Today we started our last day of paddling on the Allagash. After some oatmeal and a visit to the Allagash Village playground, we loaded up the canoes and headed back out on the river. Our last day of paddling was bittersweet. As the last few hours of paddling rolled by, we went down some easy rapids laughing together. We soaked in these last moments of trip, arriving at our final campsite and pick up point around lunch time. After, we played hide and seek and a thrilling

game of ninja (that Lauren and Val won by the way).

It began to rain so we all headed to the picnic table and decided to do some water coloring. Suddenly we saw a white Wavus van come down the hill. Hannah had arrived! She gifted us with delicious pizza and cookies as we told her about our amazing trip. Later we told stories of our favorite memories. It was the perfect ending to our final day. After saying our last good nights we all went to bed with hearts filled with joy and sweet memories of the amazing challenge we had just conquered as a team.

Tiki + Louisa

**August 6th**

Today we got an early start on our way back to Wavus. After a quick breakfast, we loaded the last pieces of gear into the trailer and jumped into the van. We had a small mishap with the trailer but after a brief stop we continued our journey home.

Here we were, 9 girls and 2 counselors, in this familiar white van, filled with an air of déjà vu. 13 days ago we had sat here, in this same van. But now something about us had changed. 13 days ago we were scared and excited all at the same time. Driving to Hannibal's Crossing that first day, our hearts thumped as we anticipated the dozens and dozens of miles we would paddle and portage.

13 days ago we had no idea what we were capable of and what we could accomplish. But now, sitting in this same van, the Allagash was no longer a mystery but a reality, an accomplishment. We learned that if we set our minds to it, we can accomplish anything. We learned how strong we could be as individuals and as a team. We learned that what mattered most wasn't how far we had paddled, or how

many days it had taken us to complete the Allagash, but the memories we had made and the stronger girls we had become.

What we did wasn't always easy, and it surely wasn't always fun, but we knew that our time spent on the Allagash together would be a part of our lives we will always remember. There were bumps, bruises, sweat and tears along the way but that's what made us stronger and closer. And from this experience we know how it feels to truly feel alive, with the wind in our hair, dirt under our nails, the stars glowing bright above us and our heart filled with joy.

Thank you ladies of Allagash I for the trip of a life time. Your courage, kindness and forever loving hearts will never be forgotten. Val Hirshberg, JC

## **Allagash II**

### **Allagash**

#### **July 26th**

We took off this morning from Home Sweet Wavus at a bright and early 6 AM. The Allagash II cabin drove (and napped) for about six hours until we got to our put-in spot at Hannibal's Crossing on the West Branch of the Penobscot River. We started off our trip with two moose sightings today! One on the Golden Road and the other standing and feeding in the water very close to where we launched our boats.

After lunch we loaded our boats and said goodbye to Aileen and civilization and paddled along the river until we reached our destination for the night, Big Island. We settled our tents, cooked our first meal together and enjoyed each other's company!

#### **July 27th**

This morning we woke up and

paddled the remainder of the West Branch of the Penobscot. As we emptied out into Chesuncook Lake, we were excited to see another moose this morning! We stopped at the historical Chesuncook Village for a look around and a bathroom break before we headed back onto the water to battle the winds all the way to Umbazooskus Stream, where our friend Gary checked the weather conditions.

After getting an all-clear, we headed to our campsite at the beginning of the Mud Pond Portage trail! Just as we got our campsite set up, it started raining, so we took naps until dinner and then headed to bed to get some rest before our big portage.

#### **July 28th**

Mud Pond Portage day! We woke up at sunrise this morning and packed up our gear and food for the portage. Mud Pond is a two-mile portage through a muddy stream bed, making it one of the most challenging things Wavus has to offer. Luckily, the girls of Gash 2 stayed positive and smiled the whole way, leapfrogging our gear and making it to the end of the portage trail by lunch. We then set out for the next chapter of our trip - Chamberlain Lake!

#### **July 29th**

Today was our resupply day! We paddled down Chamberlain Lake to Chamberlain Bridge where we met Hannah from the tripping department at Wavus. We traded our trash, dirty clothes, and icky Mud Pond shoes for more food, mail, and Dunkin Donuts Munchkins! The swap seemed like a pretty good deal to us! We then headed just around the corner to our campsite at Boy Scout and enjoyed a rest day to finally dry out our tents and gear.

We took advantage of the sunny weather, and collected ourselves as a

group, ready to move forward with our trip!

### **July 30th**

We woke up early this morning to beat the winds on Chamberlain Lake. After a quick breakfast, we packed up and headed out to paddle almost the entire length of the lake! We were graced with a gentle tail wind, making this long day go by quickly. After we made it through some dense fog, we were finally able to enjoy the beautiful scenery that lake paddling offers. We crossed over Lock Dam and ventured into Eagle Lake. As we ate lunch on Thoreau Island, we ran into a Chewonki group and enjoyed their company. We continued with the tail winds up to our campsite Pumphandle on the Northern part of Eagle Lake. Pumphandle spoiled us with a nice beach and a beautiful day!

### **July 31st**

After waking up at 5 AM we canoed through Eagle and Churchill Lakes, arriving at our next campsite, Jaws, by 10 AM. After some rest and lunch, we swam, played bananagrams, and listened as Kyra read to us on the beach. Shortly after dinner, a lovely couple occupying the campsite next to ours treated us with some homemade strawberry shortcake! We went to bed satisfied and happy tonight, ready to take on river paddling tomorrow!

### **August 1st**

This morning we woke up at a leisurely 7 AM and enjoyed a hot breakfast. We packed up our campsite and headed towards Churchill Dam, where we finally made it onto the Allagash River! When we got to the dam, we portaged our canoes a short distance and started Chase Rapids – a 9-mile stretch of class 1, 2, and 3 rapids. It took us an hour and a half to

complete the rapids, and afterwards we paddled towards Jalbert, our campsite, where we set up our tents and had a quick nap. After dinner we all sat outside on the beach and watched as the sun set over Long Lake, which was beautiful.

### **August 2nd**

Today we finished Long Lake, and portaged around Long Lake Dam. We then enjoyed a gentle current on the river and a relaxing day. We had a great time weaving in and out of islands and had a very scenic paddle into Round Pond, where we saw some exotic trees and plants. We made great time today and got to our campsite at Turk Island by 11 AM, leaving us the rest of the day to swim, relax, and read. After Round Pond, the rest of our trip takes place on the river!

### **August 3rd**

We got right up this morning and paddled through majestic islands to Gash Falls. We made great time, and when we got to Allagash Falls, we portaged our canoes the short distance around the waterfall and brought our gear up to our campsite by the falls. We met up with Allagash I and Freya got to see her sister Lauren! We jumped into the water off a rock below the waterfall and had a great time. We relaxed on the beach for most of the day, and enjoyed s'mores with our friends from Gash I in the evening.

### **August 4th**

Rest day! We decided not to set alarms this morning, but we were all awake by 8 AM. We had breakfast and headed down to the beach with our books and crazy creeks, ready for a day of relaxation. We swam some more today, and had the chance to spend more time with Gash 1 before they headed out for the rest of their journey.





We enjoyed beautiful weather for most of the day and headed to our tents at night ready to continue paddling in the morning.

### **August 5th**

Today we woke up at 7:30. After breakfast, we started paddling to Debbie's Field in Allagash Village. On our way, we went through several sets of small rapids. We stopped on the side of the river for lunch in our canoes, and then continued towards Allagash Village. We made great time today, and enjoyed most of the day at our campsite. We spent the rest of the day exploring the village, reading, relaxing, and we ended the night with a huge dinner!

### **August 6th**

Today was our last day of paddling. We started this morning by turning on the St. John River, as we had completed the entire length of the Allagash River. After a quick 9 miles on the St. John filled with many fun sets of rapids, we ended up at Pelletier's Campground – where we would be picked up and complete our journey.

We played bananagrams, learned to solo portage, and read for most of the afternoon until we met Erik, our pick up driver. Erik brought us hot pizza, cookies, and mail! We were so glad to see him, but also sad that this is our last night on trip.

### **August 7th**

This morning we rose early and Erik came to take us back to Wavus. We had a very scenic drive through Northern Maine. On the drive back, we listened to music, made bracelets, napped, and reflected on our trip as a whole. The best part of today was our entrance back at camp, where we covered ourselves in mud and arrived back to Wavus to surprise our friends,

who greeted us warmly! It's always good to come home.

Alice Lazare, HBC;

Kyra Brown, JC

## **Long Voyage I**

### **July 26th**

Today we left Wavus at approximately 10 a.m. and set off on a four-hour car ride which began our 18-day voyage. We arrived to Cowan Cove at 3 p.m., but after checking the weather forecast and finding out that there would be storm with strong headwinds in the morning, we decided to not camp and to start day one paddling.

That night the winds had already started to die down so we packed our canoes and took off up Moosehead Lake. Instead of paddling around the western shore of Mt. Kineo, we cut across to the southeast side where there was a narrow road connecting the island to the mainland and we portaged the island. By taking this shortcut, we managed to save ourselves a lot of time and energy and were able to paddle all the way to Kelly's Wharf, arriving by 8 p.m. that night. Alex

### **July 27th**

We got to sleep in today because we had already paddled ahead of the first two campsites we were originally going to stay at. There were a few white caps so we stayed very close to shore when beginning our paddle towards Big Duck Cove. Since the wind was working in our favor, we got to our campsite shortly after noon. Everyone was very excited with the second campsite we checked out within Big Duck Cove. We were treated to a spacious and level campsite with a stone fire pit, two picnic tables and incredible views.

Sophia

### **July 28th**

Today we had an unplanned rest day due to the fact that we paddled so far ahead the last two days while trying to escape the storm. After sleeping in, we all went swimming and used our day to bathe and relax. Many girls explored the many little islands in the cove, while the rest chose to sit on the rocks and read. We ended the day with a sunset and set off for bed in order to wake up early for our paddle to the Northeast Carry the next day.

Marielle

### **July 29th**

The plan was to wake up and depart Big Duck Cove by 5 a.m. Unfortunately, the storm finally hit us in the middle of the night; the winds started howling around midnight and were still blowing directly into the cove for the majority of the next day. We spent most of our day reading in our tents or watching the white caps and waiting for the winds to die down. It wasn't until 5 p.m. that the winds and waves were calm enough to set out across the lake. We quickly gathered our gear and finally left Big Duck Cove, arriving at the beginning of the Northeast Carry at 8 p.m. We set up camp at the public access boat launch at the start of our portage, it was so buggy that everyone was wearing rain gear and bug nets to avoid the swarm of mosquitoes; it wasn't long after the tents were set up that we crawled inside and were fast asleep. Sophie

### **July 30th**

We woke up early to do the Northeast Carry. We had a quick breakfast before starting our 2.5 mile portage. The girls decided to use a leap frog approach to bring all of our gear from one end to the other. This is done by carrying half of the gear about a third of the way down the trail, then going back

and getting the other half of the gear, again carrying it one third, we do this until the whole portage is complete. This method allowed us to use the time walking back to retrieve more gear as a short break. Again, the bugs were awful, but the weather was nice. We finished the portage in a little over 6 hours.

Once all of the canoes were loaded we quickly left the bugs and paddled down the West Branch of the Penobscot River. We paddled about 20 miles down the river in order to catch up after falling behind that day of the storm. Although everyone was exhausted by our long day, we were all very happy to have our longest portage out of the way.

Ingrid

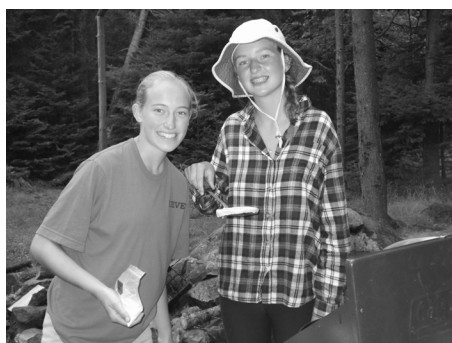
### **July 31st**

Yet another early start. We left the West Branch Penobscot River and into Chesuncook Lake. Unfortunately we ventured too far and ended up past Gero Island. After realizing this, we headed back into a marshy area that led to Black Pond. Once entering Black Pond we paddled for a couple of hours until we began paddling upstream. This was the beginning of Horserace Rapids which we will continue paddling tomorrow. It had been sunny until we reached our campsite for the night; luckily our tents were set up before the rain started to fall.

Katie

### **August 1st**

This morning we woke up around 7 a.m. and made our way up Horserace Rapids. Thankfully we were already at the bottom of Horserace Rapids so we didn't have to paddle before starting walking up the rapids. It took us about two hours to reach the portage trail. Half of the cabin carried the gear along the road for 3/4 of a mile while the other half dragged canoes through the



rapids. After successfully reaching the dam and portaging all of the gear and canoes onto the lake on the opposite side, we set out up Ciss Stream into Round Pond. Due to our resupply the next day we used the time at Round Pond North Shore campsite to bathe ourselves, air out our smelly gear, and finish as much of our dry foods as possible.

Alex

### **August 2nd**

Today was our resupply day. It was so nice to receive letters and packages from family and friends back at home. While our spirits were high, we loaded up all of our gear into the truck and drove to the A gate which would be the start of our portage to Allagash Lake. We managed to get most of the gear down the trail, but the rain wouldn't let up and when we started hearing thunder, we had to stop and wait out the storm.

After the storm passed we were fortunate enough that a family offered assistance in portaging our canoes to the lake. After a big meal, we left the portage trail and paddled to the opposite shore of Allagash Lake and set up camp at the Ice Caves just in time to watch the sun set.

Sophia

### **August 3rd**

Today we were treated to our second rest day. We slept in and hung up all of our damp or smelly gear to dry. In the late morning we hiked the short trail to the ice caves and did some exploring. The actual cave is a chimney like tunnel, just big enough for one person at a time, and about 30 feet long until it opens up into a bigger cave. Few girls were brave enough to venture in all of the way, and even though no ice was actually found, the cave felt like a cooler and it was an incredible feeling of being underground. The rocks were

covered in this cold water layer and gave off a sparkling sheen when our headlamps passed over them.

Marielle

### **August 4th**

This morning we woke up around 7 a.m., finished Allagash Lake and began Allagash Stream. The stream was really shallow and boney and many rocks were hit while treading the small rips and rapids. Instead of staying at Little Allagash Falls we portaged around it and used our daylight hours by continuing down Allagash Stream and into Chamberlain Lake. We were too tired to make it all the way to Donnely Point Campsite so we ended the day at Ellis Brook Campsite, having made a lot of headway into the next day.

Sophie

### **August 5th**

Even though we traveled far the day before, we still woke up early in order to avoid the winds on Chamberlain Lake. We continued past Donnely Point and stayed at Thoroughfare Campsite, a short distance from the Allagash Ranger Station. We spent the day bathing, hanging our clothes out to dry and relaxing. We expected rain later in the afternoon but were fortunate enough that the storm missed us. Our first campfire and s'mores were thoroughly enjoyed that night due to the lack of rain and abundance of dry wood.

Ingrid

### **August 6th**

Unfortunately it rained in the morning, but since we only had to paddle four miles we were able to sleep in. Shortly after leaving the Thoroughfare, we stopped at the ranger station to check the weather forecast and the water levels for the rest of the trip. After hearing the news of the great water levels, we continued



across Round Pond into Telos Lake and ended the short paddle at Telos Landing Campsite. We enjoyed lunch and free time, and later we watched the sunset and sang songs about home. It was another early night for bed to prepare for a bigger day tomorrow.

Katie

### **August 7th**

This morning we woke up relatively early. We has a two mile paddle to a dam, portaged around the dam and went to scout the upcoming rapids. We decided to run them as a preparation for Webster Stream. The rapids were all Class I and II and only one boat flipped. It took us a while to flip it back, due to it being our first flip, and then we realized that two paddles and a throw bag were lost. After continuing downstream, we recovered the missing throw bag and one of the paddles that were caught in a strainer.

After completing the stream we paddled to the end of Webster Lake, setting up camp at Webster Outlet Campsite. After dinner we went over maps for our big day tomorrow, we studied the three main sections of the river and discussed portage and scouting options before heading to bed.

Alex

### **August 8th**

We woke up at 4 a.m. this morning and left camp by 5:30 a.m. in order to get an early start on the rapids. In the first section of Webster Stream, a boat was pinned horizontally between two rocks in the middle of the river and became fully submerged. Luckily all of the gear was retrieved, tied together and floated down river. After spending close to two hours deciding whether or not the boat could be retrieved, we made the decision to give it a try.

We bushwhacked through the woods

back to where the canoe was submerged, set up a z-drag using our throw bags, a tree and securing the ropes to the canoe. Most of the girls were stationed in the river trying to push and pry the canoe while two stayed on the rope holding the canoe in place. After two hours of strenuous effort, we were able to pull the canoe onto some rocks, bail it out and complete restore it. Unfortunately, a lot of time and energy was used to retrieve the canoe and we still had a long day ahead of us.

We flipped one boat two more times throughout the day and ended up portaging the Indian Carry. We also portaged Grand Pitch which concludes Webster Stream. After spending nearly 13 hours on Webster Stream we sunset paddled to Little East Campsite at the top of Grand Lake Matagammon, ate a huge breakfast and tried to gain a few more miles on the lake before it got too dark. We only make it to Second Lake Campsite just a few more miles down the lake and finally crawled into our sleeping bags at 11:30 p.m.

Sophia

### **August 9th**

Today was originally supposed to only be two and a half portages but because we didn't make it to Grand Lake Matagammon Wilderness Campground we had to portage around Grand Lake Dam as well today. We finished the Grand Lake Matagammon paddle, portaged the dam and stopped at the campground to drop off trash and use their facilities.

After stopping, we began our East Branch portion of the Penobscot River. We successfully ran Stairs Falls and quickly portaged Haskell Rock, Pond Pitch and Grand Pitch. The whole cabin did a really excellent job portaging today and we were all very efficient, the portages weren't too difficult and

we were lucky to have good weather. We were scheduled to camp halfway through the Grand Pitch Portage so we only had to portage all of the canoes down to the end of the trail before setting up camp for the night.

Marielle

### **August 10th**

Everyone was very excited today because we knew we only had a short distance to paddle before the Hulling Machine portage. Once this portage was complete we would never have to carry any canoes or group gear over long and rugged pieces of terrain again!

The Hulling Machine was one of the most difficult portages due to the lack of trail maintenance. There were muddy sections, areas where trees were fallen across the path and a few hills, but in the end we pulled together as a team and completed the portage in less than three hours.

We still had roughly ten miles to paddle after the portage and we knew the river would begin to widen and slow down. It was a difficult ten miles, but knowing that tomorrow would be our last day paddling we pushed through it. We camped at Big Seboeis Campsite.

Sophie

### **August 11th**

Today we woke up very early because we have over twenty-seven miles to paddle before we reached Medway, our ending destination. There were a few small Class I rapids within the first seventeen miles, but other than that the river was slow and calm.

Once reaching Grindstone Rapids, we pulled out in order to scout the rapids. After a quick snack we headed one at a time down Grindstone. The rapids were a little tricky, and we ended up being picked up a few miles south of

Grindstone because we were going to be late to our Medway resupply.

After being picked up, we drove to Medway and received mail from our families and friends, and then continued to Northern Outdoors. It was great to have running water to clean off a bit with, and all of us ended up using their hot tub before concluding the night with a big bonfire with Kieve's Long Voyage II cabin.

Ingrid

### **August 12th**

We woke up early, had breakfast and broke camp fast because we were so excited to raft, as most of us had never rafted before. We rafted with Kieve and were lucky enough to be able to run two Class V rapids! Our guide was super nice and we all agreed that the white water rafting was our favorite part of the trip.

We departed Northern Outdoor around 4 p.m. and made our way back to Wavus. Exhausted from our long voyage, we all quickly fell asleep around 9:30 pm in our bunks.

Katie

## **Long Voyage II**

### **July 27th**

Today we arrived at our campsite at Cowen's Cove after a long car ride. When we first arrived, the weather was very nice, but within the next half hour, the clouds turned dark and it started to rain. We took cover underneath our tents, but then there was lightning so we had to go outside into lightning position. Once the thunder and lightning passed, we had dinner and then called it a day.

Emily Talpey

### **July 28th**

Today was our first day of paddling. We woke up early, took down camp, and ate breakfast. Then we started our

paddle to Kelly's Wharf, but realized that the campsite was taken, so we decided to paddle to Big Duck Cove. It was a nice paddle because the water was very smooth and glassy. When we got to the campsite we felt accomplished that we had paddled a double day. We had lunch and just relaxed in our tents. It started to rain so we had dinner and then went back in our tents. Late that night we were called out of our tents to get in lightening position. After the storm had passed we went to sleep.

Nat Unger

### **July 29th**

Today we woke up after a long rainy night. We all went down to the shore to see that our boats were almost floating away due to the storm. Luckily we were fast enough and dragged them up the beach. We whipped up a quick breakfast and went back in our tents to play cards and read.

For lunch we had burrito bowls and it got nice enough to sit on our crazy creeks and talk. To end the night we had s'mores which were delicious! We really enjoyed our rest day before the Northeast Carry the next day!

Maddy Gesner

### **July 30th**

We woke up super early to get on the water before it became choppy. We paddled up Moosehead Lake, telling stories and singing songs. We got to the Northeast Carry after about three hours of paddling and it is probably the buggiest place I've ever been. We all put on our rain pants and rain coats and portaged all of our gear through and then got the boats.

Halfway through Jooj and Jane surprised us with Klondike bars, they were AMAZING. We finished our portage and then began our paddle down the west branch of the Penobscot

river. We passed Hannibal's Crossing (where we put in for Gash) and camped out at Thoreau Island. It was a really nice campsite and a lot of us went swimming there. We had dinner and went to bed. I'll end this trip note with a haiku.

Charlotte del Col

### **Northeast Carry**

Cover your body

The bug are biting fiercely

Portage, Rest, get bitten, ouch!

### **July 31st**

Today we slept in for a while then got up, packed up camp, and headed out. Most of the day was paddling on the river. For lunch we stopped at a campsite where we met two people who were on a three-day canoeing trip and were taking out the next day. Before we started paddling again, we were given a bag of lettuce and a bag of oranges. After thanking the two canoers, we started back out.

This time the wind was blowing against us. We reached Canvas Dam, our campsite for the night, and set up tents. Soon after we had finished, it started to rain so we all curled up in our tents. After resting we had to get into lightning position because of the passing storm. For dinner we had tuna melts with the fresh lettuce. It was just what we needed. After our stomachs were full, we got back into our tents and fell asleep.

Emily Brown

### **August 1st**

Today we woke up early and got right on the water! We did a few hours of paddling before getting to Horse Race Rapids. We dragged our canoes up the rapids and then did a quick portage. After that we dragged our canoes to the campsite and portaged them over the dam to get ready for tomorrow. Then we swam and ate dinner. We also made a fire and had





s'mores that were delicious! Then we had a photo shoot on the dam while the sun was setting. Super fun day!

Nat Unger

### **August 2nd**

Today we were one week into trip! We had a short but scenic paddle to our resupply campsite. We saw three moose! After we reached the campsite, we raced to finish GORP, Nutella, and other items to be sent back to camp the next day. During yet another lightning position, we polished off a jar of Nutella with the last of the graham crackers. After a dinner of mashed potatoes we all packed our bags and sorted gear in anticipation of tomorrow! Nicky Fox

### **August 3rd**

Today we got to sleep in and enjoy a leisurely breakfast before Kate came in the red truck to resupply us for the rest of our journey! We were thrilled to receive packages, new food and updates from camp. We took turns bringing our boats and gear from the red truck to the start of our portage trail. We then said our goodbyes to Kate and began our "Surprise" portage. The portage was a lot longer than we expected but we plowed through and made it to Allagash Lake. We had a short paddle to Sandy Point where we were to spend the day as well. We enjoyed a tasty brie and burger dinner before going to bed! Julia Welter, HBC

### **August 4th**

Today was a rest day. After breakfast we sat on the beach at our campsite and read and talked. We had lunch, then decided to go check out some ice caves we were told about! We took a short paddle across the lake to a different campsite where we would find the caves.

After following a little trail to a dead end and turning around, we finally

found a sign for the ice caves. We had a short hike to the caves. They weren't what we were expecting. The cave was a hole that went down into some rocks and the ice was water that had collected on the rocks. Feeling disappointed we turned around and paddle back to our campsite for dinner! Emily Brown

### **August 5th**

Today we woke up on the earlier side in case the water got too choppy, but the water was pretty glassy. We paddled out of Allagash Lake and then we went down a shallow stream of rapids that were so shallow we had to drag for a long time. We reached Little Round Pond, and paddled up it until we reached what was supposed to be our campsite, Little Allagash falls, but it was really early so we decided to do a double day.

We portaged our gear around in a short portage and then we paddled down a short set of rapids which were really fun actually. We got into Chamberlain Lake and we reached our campsite, Lost Spring, pretty quickly. It started thundering and lightning so we chilled in lightning position (position) for a while. We had really good burritos for dinner and then we had some tent time and we went to bed.

Char del Col

### **August 6th**

Today we woke up early to avoid winds on Chamberlain. Although we only had to paddle eight miles or so, it felt like a long paddle on the lake. We pulled up to our campsite, the Ledges, by lunch. It was fun to be at that campsite because we had all been there on Allagash last year right after Mud Pond Portage. It was nice to be there without being as dirty! We spent time swimming and reading before dinner. Tonight we challenged the campers to

make dinner start to finish without any help. We were really impressed that they were all able to work together and finish the task at hand! It was another early night to bed! Julia Welter, HBC

#### **August 7th**

Today we got up early and packed up camp quickly. We left and paddled along the remainder of Chamberlain Lake. We tried different people in stern today as we only had lake paddling. We paddled under Chamberlain bridge and entered Round Pond. It was a short paddle and we quickly reached our campsite at Fields. We spent the rest of the day relaxing and resting up for the last few days of trip!

Martha Bishop

#### **August 8th**

Today we got up early and started paddling out of Round Pond. Then we did a quick portage around a dam. After the portage, we started paddling on Webster Lake. We did some small rapids, but Maddy and I ended up flipping! We were okay though and all of our stuff stayed in the boat. Flipping also made us feel a lot more prepared for the rapids! When we got to the campsite we had lunch and then it started to rain, so we went into the lean to. After the rain we had introvert time then we went swimming. After that we had dinner and then prepared for the next day!

Nat Unger

#### **August 9th**

Today was the most challenging day of the trip. We woke up at 4:30 to start paddling the beginning of Webster. The paddle was absolutely beautiful! The sun was rising and the fog was coming off the water as we rounded every corner. The water was pretty low so the rapids were not too difficult. Even when we had a few boats flip, the girls were able to recover well. We got one

boat lodged in a falls, but we lost no gear and everyone had a fun day!

We had one portage around Grand Pitch that was quite challenging. After paddling Grand Lake Matagamon, we put in on the Penobscot River! We had a small portage and then cruised to our campsite. We got ice cream sundaes and pizza at the store for a reward for a hard day!

Julia Welter, HBC

#### **August 10th**

Today we had a late start to the morning. We started paddling on the Penobscot River which was fairly rocky because the water levels were low. Our major set of rapids for the day was Stairs Falls, which was very fun. When we looked back on the rapids that we went down, it looked like a small staircase.

Then we reached our first portage at Haskell rock. The portage was not too difficult and the terrain was good. Then we paddled to the next portage called Pond Pitch Portage which was shorter than we expected. Then we paddled another set of rapids to our campsite which was on the Grand Pitch Portage trail. We made it in good time so we were able to eat lunch and relax before our portage to the end of Grand Pitch.

Emily Talpey

#### **August 11th**

Today was a surprisingly long day. We started with the rest of Grand Pitch Portage. We then did all of Hulling Machine Portage and ran Bowlin Falls Rapids. After that we paddled dead water all the way to Big Seboeis. We were so tired we ate dinner and went to bed early!

Julia Welter, HBC

#### **August 12th**

Today was our last day in canoes! We had a 25-mile paddle to our take-out at Medway. Grindstone was incredibly

low so we had no problems with it and after, we ate our lunch there. We paddled the last bit to Medway singing the entire time. It was bittersweet to end our trip but we were excited for mail, rafting and Panera!

Julia Welter, HBC

### **August 13th**

Today we woke up early to raft the Penobscot!!! We had an incredible day of rafting and even though we had a few swimmers, it was all in good fun! We cuddled into the van and we drove home to Wavus, stopping at a thrift store to get dresses for our Sound of Music entrance the next day!

Julia Welter, HBC; Jane Duncan, JC

### **Maine Trails**

#### **July 24th- Wavus to Crotch Island**

Today marks the beginning of our 22-day adventure! We woke up super excited to hit the water for the sea kayaking portion of our trip. We finished our last minute packing before our last Wavus breakfast! We said our goodbyes and shipped off to our put-in in Friendship, Maine. After a quick but beautiful paddle to Crotch Island, we set up camp and enjoyed the afternoon as the weather went from rainy to sunny.

After swimming and exploring the island we headed back to our campsite for some games and a demo on how to use a whisper light stove. We ate a delicious dinner and headed out to the rocks to do rose/bud/thorn and watch the sunset. We had an awesome discussion as the sun went down and we were all super excited for the rest of our trip! We went back and got ready for bed so we could get some rest before tomorrow's paddle and the next 22 days!

### **July 25th -**

#### **Crotch Island to Thief Island**

This morning we woke up to a gorgeous day on Crotch Island. There wasn't a cloud in the sky as we packed up camp and pushed on towards Otter Island. We were so pumped to paddle on such a gorgeous day that we accidentally booked it to Otter and were there before 11 a.m.!

We decided to push on to Thief - an awesome island that a lot of the girls remembered from their AT Sea trip in 2011! We got there and ate lunch before taking a walk all the way around the island - a 30 minute jaunt with lots of rock-hopping and beautiful views.

We all went swimming and enjoyed the rest of the afternoon before a delicious dinner and scrambled brownies. We ended the evening with rose/bud/thorn and an awesome discussion based on our leader of the day Molly's question - who would you want to meet if you could hang out with one deceased person from the past that you have never met? When the discussion somehow evolved into rants about conspiracy theories, we decided to call it a night. We fell asleep looking forward to another beautiful day on Muscongus Bay!

### **July 26th -**

#### **Thief Island to Hog Island**

Today was so awesome! Since we paddled ahead yesterday, we were able to sleep in and relax on Thief until lunch! We had a rolling breakfast and a leisurely pack up followed by a challenging and windy paddle to Round Pond! Luckily, there was an awesome little ice cream shop where we got ice cream and sat on the pier.

It was an easier paddle to Hog Island where we arrived and set up camp. We stayed on the far side of the

island with plans to go to the built-up Audubon Society side the next day. We spent the evening enjoying the view before Marge and MoBills cooked up a delicious pot of dank for dinner. We did rose/bud/thorn and L.O.D. Helary asked us whose shoes we would fill for a day if we could be anyone ever in the world. We talked for a while but when the breeze became too chilly we decided it was time to cuddle into our tents for the night!

#### **July 27th -**

##### **Hog Island to Bremen Landing**

Today we woke up to another gorgeous day! We packed up and made breakfast before setting off toward Bremen Landing - our final campsite in Muscongus Bay and the location of our resupply/pickup tomorrow! We paddled all the way up Hog Island and saw Wavus' own Cherokee and Cayuga cabins on the Snowgoose and in kayaks after an overnight on Hog!

After saying hi to them, we continued on to Bremen Landing where we set up camp and prepared for the coming rain. After setting things straight by putting the Wavus flag above the Kieve flag, we retired to our tents for a rest hour. When the rain stopped, we came out for a while to chat, make friendship bracelets, journal, and write letters until dinner time! Our leader of the day Ellery asked us about the scariest thing that has ever happened to us after rose/bud/thorn which led to a very long discussion in which we each told at least 6 scary stories. When the rain started again we retired to our tents excited and ready for the resupply/transfer to Stonington!

#### **July 28th -**

##### **Bremen Landing to Russ Island**

Today was a very eventful day! We woke up early and prepared for our

resupply driver to meet us. Much to our delight, Logan showed up and would be our chauffeur to our Stonington put-in! We packed up, changed into our clean clothes, and got mail before hitting the road to our next sea kayaking section! The van ride was very relaxing - we listened to music and stopped for Subway! We arrived at the Stonington boat launch around 2:00 and were on the water by 3:00. Due to some wind and intense rain, we just did the short paddle to Russ Island. We stayed at an awesome campsite and the sun came out just as we arrived! After setting up tents and having a photo shoot on the gorgeous beach, we decided to have an early dinner and snuggle into our warm tents to escape the chilly winds. We were all warm and dry in our tents by 6:30 p.m., very excited for a nice long sleep before another beautiful day in Deer Isle!

#### **July 29th -**

##### **Russ Island to Sheep Island**

Today was a longer day, but an awesome one! We woke up and packed up camp before heading off to our next island campsite. Since our next destination was so close by, we took the long way through some beautiful islands. After a leisurely paddle we arrived at our campsite only to find it occupied, so we ate lunch on the beach and pushed on to another island. We made it to another island which was unfortunately closed to the public because there was an eagle nesting there. We continued on and found an awesome campsite on nearby Sheep Island! We went swimming and explored the beach before dinner and rose/bud/thorn before a beautiful sunset. Our leader of the day Caroline asked us what our biggest pet peeves were which launched us into a very



long and passionate discussion that lasted until it got dark! We went to bed looking forward to the next day and a few more nights on this stunning coastline.

### **July 30th -**

#### **Sheep Island to Seller's Island**

We woke up this morning to a very foggy view from our small island, so we decided to wait until the fog lifted and the tide rose to leave for our next island destination. We enjoyed S&M pancakes and a leisurely morning before setting off. We left around noon and arrived at beautiful Seller's Island in the afternoon and enjoyed the beach and the unique hilltop campsite. After a very long and drawn-out dinner of pita pizzas, we headed out to the rocks to do rose/bud/thorn and our question of the night. Sarah was our leader of the day and asked us about the things we like and dislike about our hometowns, and then about our most embarrassing moments. Needless to say, the second question led to a lot of hilarious stories. We ended up getting very sleepy around 8:00 p.m. and headed to our tents for the night looking forward to a rest day!

### **July 31st- Seller's Island Rest Day**

Today was our one and only glorious rest day, so we took advantage of it! We slept in and enjoyed a slow morning. Before lunch we had a meeting about the backpacking section that would start the next day. We went over maps and talked about our cabin mottos "set up" and "no place I'd rather be."

Then we had individual meetings with the counselors where we discussed our hopes and fears for the next two weeks. We also each picked a ray of the Wavus totem that we wanted to work on during the backpacking portion of the trip.

After that we enjoyed the rest of the afternoon on the beach and in the ocean. During dinner we did rose/bud/thorn and our LOD Abby asked us what our last meals would be if we could have anything. Later in the night we had scrambled brownies and Marge surprised us with sparklers in honor of all of our sparking personalities! We went to bed nervous and excited to start the Hundred Mile Wilderness tomorrow!

### **August 1st- Seller's Island to Leeman Brook Lean-to**

Today was a whirlwind! We woke up at the crack of dawn and paddled about 2 hours to our take-out...we had finished our sea kayaking section of the trip! Logan helped us load up all of our gear and we headed toward Monson, Maine where we would begin our backpacking portion of our trip. We stopped for some mouth-watering BBQ before packing our backpacks and hitting the trail!

It was 3 miles to our campsite and we loved every second of it! We passed some beautiful lakes and hiked through the tall pines and before we knew it we were at Leeman Brook Lean-to! We set up tents and made dinner while discussing rose/bud/thorn and our perceived purpose in the world (thanks to our LOD Chappy). We got in bed as soon as possible so we could rest up for our first full day of backpacking!

### **August 2nd - Leeman Brook to Wilson Valley Lean-to**

Our first full day of backpacking was a huge success! We woke up bright and early, had bagels, and set off on our first full day of backpacking. Our packs were full and heavy but we pushed through the challenging day without any complaints! We walked through woods, along rock ledges, and through



rivers to get to our lean-to. During our hike we met a bunch of friendly thru-hikers who told us about life on the trail as they sped past us! It was incredible to meet so many amazing people who have walked so far as we were just beginning our journey.

When we reached Wilson Valley, we relaxed and let our feet and bodies recover before enjoying delicious dank! We did rose/bud/thorn and Molly, our LOD, asked us about the hardest thing we have had to accept about ourselves. We talked for a long time and headed to bed ready to sleep!

### **August 3rd - Wilson Valley to Cloud Pond Lean-to**

Today was our hardest day thus far but everyone did great! We woke up early and headed out from Wilson Valley, pumped to hike our first official mountain of the trip! We headed downhill for a while before two small stream crossings, then a river crossing! There was a nice rope strung from two trees across the river that made crossing super quick and easy!

After stopping at a lean-to for lunch, we started our trek up Barren Mountain! The first half was the steepest, but after a sitting break about halfway up the mountain, we cruised up the rest of the more gradual finish of the climb. The views at the top were stunning and after milling about and snapping some pictures, we finished our hike to Cloud Pond. We all went for a dip, then had dinner while doing rose/bud/thorn and discussing Helary's LOD question that asked what movie we wish we could live in! We were exhausted and asleep by 8:30 to prepare for our 3 peaks tomorrow!

### **August 4th- Cloud Pond to Chairback Gap Lean-to**

We woke up this morning excited

to take on another day! We summited Fourth Mountain first and had some gorgeous views from the top. After some steep downhill action we began the ascent of our second peak of the day - Third Mountain! We saw our most stunning views yet - we could look back and see what we had done, then look ahead and see all the mountains to come! It was beautiful and we weren't even tired yet!

As we walked downward and toward our final mountain of the day we stopped for water at a beautiful, cascading mountain stream. In one last push we shot up and over Columbus Mountain without even knowing it!

All of a sudden we were heading downhill and could see our lean-to in the distance! Everyone was so excited and we set up camp just as it started to drizzle. We ate pita pizzas and did rose/bud/thorn and before our LOD Ellery had time to ask her question the skies opened up and there was an absolute downpour. We all scurried to our tents for cover and went to sleep!

### **August 5th - Chairback Gap to Carl Newhall Lean-to**

This morning we woke up and made a plan for our big ten-mile day! Unfortunately we had to evacuate our wonderful counselor MoBillz so she could take some time to get over a stomach bug. We hiked a mountain first thing in the morning and the headed down toward a logging road where we would meet Kate and Mandy who would be filling in for a bit!

We marched on after getting some fresh fruit and water and did 6 more miles with strength and confidence! We pushed through a very long day and arrived at our campsite around 7 p.m. Luckily we had a delicious potato soup dinner planned and ate to

our hearts' content while doing rose/bud/thorn and answering Caroline's question about where we would get all our clothes if we could only shop at one store! It got dark so we went to bed exhausted but excited for the much anticipated 4-peak day!

#### **August 6th- Carl Newhall to Logan Brook Lean-to**

This morning we got to sleep in an extra hour! It was a real treat. Then we packed up camp, ate breakfast, and were on the trail by 7! Today was our 4-peak day and we were looking forward to some great views. The hiking wasn't so bad despite lots of inclines and declines and we were all in great spirits. The views from our final mountain White Cap were amazing! We got a good glimpse of Katahdin and our mostly flat future until then.

The downhill was surprisingly more difficult than anticipated but we reached our campsite at about 5! We made pasta for dinner and headed over to the fire pit at the lean-to for s'mores. A quirky thru-hiker named Renaissance Man helped us with our fire, told us some great jokes, and gave us some awesome tips about fire building. We shared some of our s'mores with him and he was very grateful! Afterwards we turned in for some well-deserved R&R.

#### **August 7th - Logan Brook to Cooper Brook Falls Lean-to**

Today was such an awesome day! We woke up at 5 a.m., ready for a 10-mile day! We gradually descended from Logan Brook, hiked on some flat terrain, and then went up Little Boardman Mountain for lunch and some great views! The rest of the day flew by and we pushed it to our campsite by 3:00 p.m.!

We then enjoyed the waterfall and

swimming at the river right by our campsite! After relaxing and washing off, we ate a delicious dinner of pesto pasta, did rose/bud/thorn, and answered Abby's question of the day - if you had a year to do anything at all, what would you do? We ended up rushing to our tents as a storm rolled in and went to bed early and excited for our big resupply tomorrow!

#### **August 8th - Cooper Brook Falls to Antlers Campsite**

We woke up this morning excited to meet Kate for our resupply! We booked it for the 4.5 miles from Cooper Brook Falls to Jo Mary Road. We organized our stuff until a healthy MoBillz and Kate arrived with a feast for lunch and all of our resupply gear, clothing and food! We ate until we could eat no more, changed into clean clothes, and got mail! It was wonderful!

We continued on our hike as it started to rain but made it to our gorgeous lakeside campsite just as it stopped! We set up tents and got cozy before a dinner of bacon avocado cheeseburgers. After rose/bud/thorn our LOD Chappy asked us what time, object, etc. from the past that we wish we could have back. After cleanup and final camp setup, we enjoyed some great weather and the lake view before heading to bed. We are all so excited for our last few days on the trail!

#### **August 9th - Antlers to Namakanta Stream Campsite**

We had a very eventful day despite arriving at our campsite before lunch! We woke up early and enjoyed a beautiful sunrise at Antlers Campsite then had 8 mostly flat miles to go. We decided it would be the perfect day for solo hikes! We walked together for most of the morning but when we had about two miles left we spaced



ourselves out by fifteen minutes so that we would all be walking solo until the campsite.

Everyone enjoyed a peaceful hike and the time to think and reflect as they walked. We all met at our campsite at Namakanta Stream for lunch and had time to relax and unwind before dinner. We did rose/bud/thorn and answered Molly's question - what have you learned about yourself on this trip thus far? We had a great discussion, pre-scrambled brownie, and went to bed excited for a short day of hiking and a chance to sleep in!

#### **August 10th- Namakanta Stream to Wadleigh Stream Lean-to**

This morning we slept until 7 a.m.! It was a very leisurely morning as we packed up camp and hit the trail for a five-mile hike! We walked along stunning Namakanta Lake for much of the morning and the trail even took us out onto its sandy beaches! There were some inclines and declines to make us sweat but it is clear that we are in great shape as we arrived at our lean-to before lunch!

We spent the rest of the day relaxing and resting because we hike Nesuntabunt Mountain first thing in the morning! After a restful afternoon we cooked up some rice and bean burritos while we did rose/bud/thorn. Everyone is sad that our trip is almost over but excited to make the most of our last few days! Going off of that, we talked about what we were going to do in order to actively make the most of our time together during the next three days. We went to bed pumped for our last mountain before Katahdin!

#### **August 11th - Wadleigh Stream to Rainbow Spring Campsite**

This morning we woke up to an awesome full moon and prepared for

our biggest day of the trip mileage-wise (12!). We started out climbing up Nesuntabunt Mountain for some gorgeous views from the overlook. After the steep climb we descended the mountain toward flatter terrain. It was a gorgeous hike along Rainbow Stream and Rainbow Lake and we stopped for lunch at a cool lean-to!

We arrived at our lakeside campsite around three and went for a swim after setting up our tents. We had pasta bar for dinner and did rose/bud/thorn. We had two great questions tonight! Helary asked us who we would hike the AT with if it could be anyone and Ellery asked us what song we would want to have explained to us by the band or singer/songwriter! After our usual great dinner conversation we went to sleep!

#### **August 12th- Rainbow Spring to Abol Pines Campsite**

We finished the 100-mile Wilderness today! Everyone is feeling very accomplished as we go to sleep tonight. We woke up at Rainbow Spring Campsite and began our 11-mile hike! We went up Rainbow Ledges and collected about a million fresh, wild blueberries that we feasted on while looking out at Katahdin in the distance.

After that we descended into a valley where the last lean-to of the AT is. We stopped for lunch and to read some incredibly touching and inspirational entries in the log book by thru-hikers who were almost done with their 2,000+ mile journey! After walking a few more miles we hit the end of the wilderness!

We arrived in civilization, got ice cream, and stocked up on snacks and treats for the general store by our campsite! We ate our dinner and did

rose/bud/thorn. Sarah asked us what we would have told ourselves before this trip if we had known what we know now. We went to bed excited to enter Baxter State Park!

### **August 13th - Abol Pines to Baxter State Park**

We woke up this morning to a cloudier day on the Penobscot River. We took down our tents and prepared for our last official day of backpacking! We walked from Abol Bridge to the border of Baxter State Park. We walked through the woods and saw some familiar trails from when we were in past cabins. We finally reached the base of Katahdin and hiked on to our campsite down the road.

After spending some time outside, the temperature dropped and it began to rain so we went to our tents to await the arrival of Logan and Nancy! Before we knew it they pulled up with a feast!

We ate to our hearts contents and told stories of our adventures. We went to bed full and hoping for better weather for our last day!

### **August 14th - Baxter State Park to Wavus**

We woke up to some sick campers and awful weather, so Katahdin was not going to happen for us today. However, we made the best of our situation and had a great day! We spent the day driving, stopping for candy and hot chocolate, having a leisurely lunch at Panera and preparing our epic entrance. We returned to Wavus and perfected our plan to enter with a wild police chase and an unbelievably realistic Katahdin sign. Our entrance was a huge success and we enjoyed Jewelliano's, showers, and fireworks after a wonderful trip!

Marge Tucker, HBC



# Wavus Blanket and Paddle Tradition

## Paddle

Wavus campers, who have been campers for 5 years and have completed one of the longest trips, are gifted with a paddle embossed with the Wavus emblem at the closing Council Fire each session.

### Paddles 2014

#### First Session

Isabel Canning  
Caroline Jessup  
Katherine Jessup  
Anna Morse  
Sabrina Soros  
Katherine von Weise

Long Voyage I  
Long Voyage I  
Long Voyage I  
Long Voyage I  
Long Voyage I  
Long Voyage I

Margaux Forcione  
Austin Gatchell  
Sophia Linkas

Long Voyage II  
Long Voyage II  
Long Voyage II

Livia Fries  
Shelby Hetherington  
Claudia Washburne

Maine Trails  
Maine Trails  
Maine Trails

#### Second Session

Ingrid Sant  
Emily Brown  
Charlotte Del Col  
Nicky Fox  
Madison Gesner  
Emily Talpey  
Lily Tromanhauser  
Nat Unger

Long Voyage I  
Long Voyage II  
Long Voyage II  
Long Voyage II  
Long Voyage II  
Long Voyage II  
Long Voyage II  
Long Voyage II

#### KW West Second Session

Marlay Smith

Marlay Smith, KW West



## Blanket

Wavus campers who have completed one of the longest trips are blanketed for their achievement at the closing Council Fire each session. The blankets are reminiscent of the type used by campers in the early years of the camp and are embossed with the Wavus emblem.

### Blankets 2014

#### First Session

|                     |               |
|---------------------|---------------|
| Isabel Canning      | Long Voyage I |
| Sabrina Eisen       | Long Voyage I |
| Syd Graul           | Long Voyage I |
| Cam Grimes          | Long Voyage I |
| Caroline Jessup     | Long Voyage I |
| Katherine Jessup    | Long Voyage I |
| Anna Morse          | Long Voyage I |
| Alina O'Brien       | Long Voyage I |
| Sabrina Soros       | Long Voyage I |
| Katherine von Weise | Long Voyage I |

|                  |                |
|------------------|----------------|
| Isabel Adler     | Long Voyage II |
| Margaux Forcione | Long Voyage II |
| Hannah Frater    | Long Voyage II |
| Austin Gatchell  | Long Voyage II |
| Sophia Linkas    | Long Voyage II |

|                     |              |
|---------------------|--------------|
| Shelby Hetherington | Maine Trails |
| Annie Miller        | Maine Trails |
| Claudia Washburne   | Maine Trails |

#### Second Session

|                  |               |
|------------------|---------------|
| Alex Bosman      | Long Voyage I |
| Sophia Cronin    | Long Voyage I |
| Marielle Gasaway | Long Voyage I |
| Sophie Kruyt     | Long Voyage I |
| Ingrid Sant      | Long Voyage I |
| Katie Zajkowski  | Long Voyage I |

|                   |                |
|-------------------|----------------|
| Martha Bishop     | Long Voyage II |
| Emily Brown       | Long Voyage II |
| Charlotte Del Col | Long Voyage II |
| Nicky Fox         | Long Voyage II |
| Madison Gesner    | Long Voyage II |
| Emily Talpey      | Long Voyage II |
| Lily Tromanhauser | Long Voyage II |
| Nat Unger         | Long Voyage II |





**1st Session**



**2nd Session**



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# KW WEST

Our 21-day excursion was a huge success. Ten days were spent with scraggly peaks in the North Cascades backpacking through one of the most remote areas in the country. 4 were spent on a wildlife safari excursion with delicious food of the exquisite San Juan Islands, also known as sea kayaking. And the most momentous of the days were spent on (and on top of!) the behemoth mountain some call Adams.

There were ups and downs, in altitude, and many important skills were learned along the way to make us

all better leaders. These skills include, but are not limited to, eating delicious soup after a rainy day, finding that perfect swimming hole with just the right amount of sun, gazing endlessly upon waterfalls, cliff jumping (but not too high of course), joke telling, eating more hot meals, finding those two trees that are spaced just right for a hammock, wildlife gazing (from a safe distance of course), and last but not least, laughing till your stomach hurts.

Thanks for a great adventure!





## 9/11 Family Camp

This past summer marked our 13th Annual 9/11 Family Camp with friends attending from FDNY & Cantor Fitzgerald in New York City and The Pentagon in Washington DC. For the first time, this year we invited the Family Camp from Wavus to join the 9/11 Camp at Kieve. We had almost 100 attending including volunteers and staff. Camp Director Russ Williams said, "I couldn't have asked for a better week - everyone bonded and blended from the very first afternoon and by the end of the week new life-long friendships were emerging!"

The weather was spectacular and all the popular in-camp activities were open throughout the week. The aqua-zip and HS Swing are always favorites on the adventure course. The Pasquaney kitchen crew once again delivered a huge variety of unparalleled mouth-watering meals morning, noon and night! Pasquaney Food Service Director Lee Giberson said, "This is always one of my favorite

weeks of the year - I love cooking for these folks, they are so appreciative". Thanks to Chef Anthony, Jim Tims and Nick Strout from Performance Food Group for helping design and deliver a great Italian Night meal with the help of lots of FDNY guys and our awesome staff.

A special THANK YOU to Henry Chance, former camper, counselor and 9/11 Camp volunteer who has taken his vacation from work to help out for the past 13 years! Williams said, "We couldn't have had such a great camp over the years without Henry - he has been my right-hand-man always willing and able to do whatever needs to be done - we will miss you next year!"

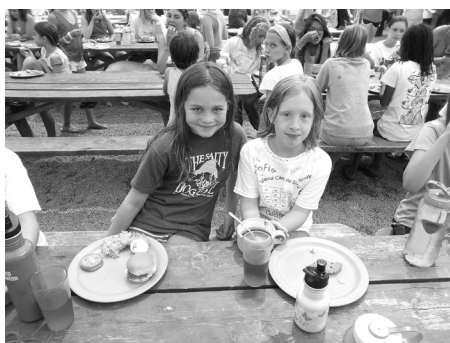
Thanks also to our volunteers Bill & Ann Mallory, Alan Baldwin, Joel Kavet and Ron Gerard - you make it an incredibly special week! We're all looking forward to another week on the edge of the lake next summer!







'14 9/11 Family Camp



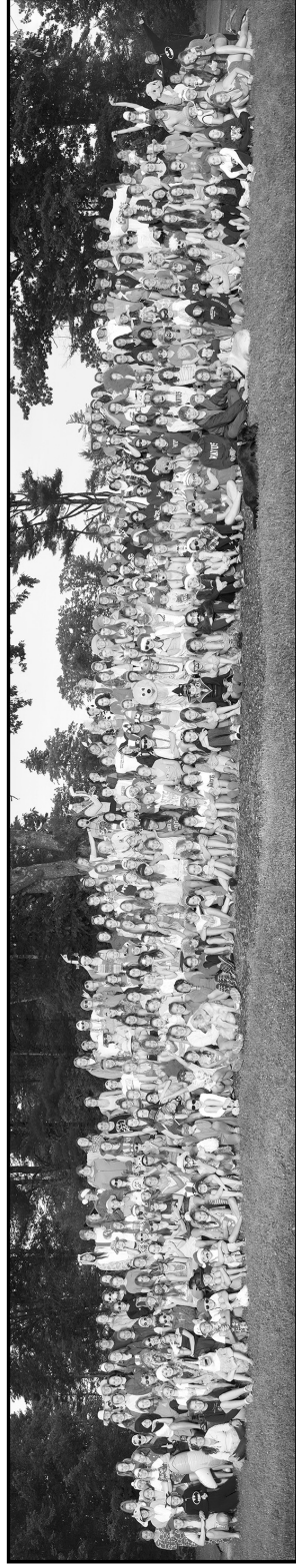




**Junior Wavus Session 1 ~ 2014**



**Junior Wavus Session 2 ~ 2014**



**Session 1 ~ 2014**



**Session 2 ~ 2014**